

THIRD EDITION.

PRACTICAL

COOKERY.

COMPILED BY

AMY ATKINSON

AND

GRACE HOLROYD.

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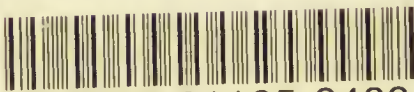
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THIRD EDITION.

PRACTICAL COOKERY.

A

Collection of Reliable Recipes,

COMPILED BY

AMY ATKINSON

AND

GRACE HOLROYD,

1st Class Diplomees National Union for Training Women in Domestic Science,)

WITH AN INTRODUCTION

ON

Cookery by Gas.

PRICE ONE SHILLING.

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LEEDS:

Printed and Published by NUTT & Co.,

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1903.

A

P R E F A C E .

The aim in compiling this collection of recipes has been to place before the public a useful handbook of Cookery. All the recipes can be relied on having been tested by the compilers, and an endeavour has been made to explain them, so that even an inexperienced cook can carry them out successfully. No claim is made as to the originality of the recipes, though some of them have not previously appeared in print.

The present work contains many hints, which if carefully followed, will bring about the inevitable result of improving the culinary art in many homes, and though it has been frequently said, "that a good cook is born, not made," the writers do not hesitate to aver, that an intimate knowledge of the principles of the art is always necessary for the production of successful results.



B. I. Leigh.

Practical Cookery.

The Advantages of a Gas Stove.

The opposition of prejudiced people to a gas stove is fast becoming a thing of the past, now that the use of them is so general in private residences, hotels, and public institutions. The reason for the general adoption of them is not far to seek, as the amount of labour in the use of them compared with a kitchener, or open coal range, is reduced to a minimum, and the economy of fuel is very marked. The heat is under complete control, there is no soot or dust to contend with, and the stove can always be relied on to work evenly, contrary to a coal oven, which will draw one day and positively decline to get hot the next, to the exasperation of the cook's temper and no small waste of time and probably of food:

The Economy of the Gas Cooking Stove.

1. The boiling burners are ready for use as soon as lighted.
2. The oven can be used for baking 10 or 15 minutes after turning the gas on at the full.
3. As soon as the gas is extinguished the expense is over:
4. No soot and ashes to clean away daily, and no fire to mend, or coal to get.
5. Saucepans do not wear out so quickly:
6. Cooking can be done more expeditiously, as fish, meat and sweets, may be put into the oven at the same time without spoiling each others flavour.

7. The cost of gas consumed compares favourably with the cost of coal. A five-course dinner can be cooked with, at the most, 60 feet of gas. Average cost of which is 2d. when the price of gas is 2s. 10d. per 1,000 feet.

As illustrating the economy of a gas stove it may here be stated that it has been proved by experiments, that a 10 lb. joint roasted by coal, loses as much as 4 lbs. in weight, whereas a similar joint roasted in a gas oven loses $2\frac{1}{2}$ lbs. This effects a saving of at least $1\frac{1}{2}$ lbs. of meat, the value of which will pay for the gas used in the cooking of it, and leave a handsome profit.

DIRECTIONS FOR USE.

ROASTING.

Heat the oven 15 minutes, then hang the meat from centre of oven, or place on a grid shelf thick side upwards; after 15 minutes lower the gas about one half and cook more slowly, 15 minutes to the lb. Greater heat is required at first to keep the gravy in the meat. The dripping should be allowed to drop into the bottom of the oven; a small tin may be put there to catch it.

BAKING PASTRY.

Light the gas at full 15 minutes. Small pastries like cheesecakes, patties, &c., should be baked in the top of the oven; meat pies, &c., should be put on a grid shelf about the middle. When the pastry has risen well, lower the gas one-half and finish more slowly.

CAKES.

Light the gas 10 minutes, then lower one-half. Small cakes should be baked near the top, large cakes on a grid shelf in the middle, the heat should be much reduced for the latter after baking half-an-hour.

BREAD.

Light the gas 12 to 15 minutes before putting in the loaves; then lower about one quarter, at the end of 10 minutes lower the gas again and finish baking very slowly, about 15 minutes for a 2 lb. loaf. The loaf tins should be put on the grid shelves. The oven may be filled at first and the loaves will not require turning as with a coal oven.

GRILLING AND TOASTING.

Light the gas at the full in the grill burner; when the bars are red hot, place the bread under it on the grid in the grill tin, watch carefully. Chops, steaks, and fish are cooked in a similar way, turn them every 2 minutes, and cook from 8 to 15 minutes according to thickness.

CLEANING:

The oven requires washing out with hot water and soda, each time after being used for roasting, a little salt or powdered bath-brick or sand will remove stains from the enamel. The top of the stove should be kept free from grease, and as all the fittings are removable, it is quite easy to clean. If kept free from grease, there will be no objectionable odour from the stove.

DON'TS:

- Don't turn the gas on before you open the oven door, and have a light ready to apply to it.
- Don't turn the gas so high that the flame blazes round the sides of the pans, the tip of the flame only should come in contact with the pan.
- Don't light your burner before you have the saucepan ready to place over it.
- Don't use sooty pans and kettles, as they conduct heat badly and require longer to boil, and consequently more gas is burnt.
- Don't use a large burner to boil a small pan:
- Don't forget to turn out the gas immediately you have finished using it.



USEFUL HINTS.

Have all your cooking utensils perfectly clean.

See that your saucepans are clean inside and outside.

A saucepan dirty inside spoils your cookery ; a saucepan dirty outside wastes coal and gas, because it does not boil so soon as it would if it were clean.

As soon as you have finished with a saucepan fill it with water and allow to stand until you are ready to wash it : this will prevent the food hardening and so save time in washing up.

When you have finished cooking wash everything you have used, and put it away in its proper place.

Have a place for everything, and see that everything is returned clean to its proper place when done with.

See that the oven is clean inside, or the flavour of the food will be spoiled.

Hints on Making Stocks and Soups.

The art of stock making is so easy, if a few general rules are adhered to, that it cannot fail to be a success if they are properly applied. In making stock from fresh meat for high-class soups the usual allowance is 1 lb. of meat to each quart of water : for plainer stock two quarts of water may be used to every pound of meat or bones. The amount of carrot and turnip used for flavouring should be equal quantities, so that neither predominates. When onions are fried, as for brown stock, a larger quantity may be used than when put in raw ; care should, however, be taken not to get the flavour too strong. The vegetables should never be allowed to cook in the stock more than three hours, or they will give it an "overboiled" taste. Herbs and other flavourings should be tied in a piece of muslin, so that they can be removed easily:

Bones and meat should always be put on in cold water, as that extracts the nutriment from the meat more thoroughly than hot.

The stock or soup should always be kept closely covered whilst cooking, to prevent loss by evaporation. The cooking should be slow, greater delicacy of flavour and more nutriment is extracted by simmering than boiling.

The removal of all scum is important, as it spoils the flavour and clearness of the stock.

CLEAR STOCK.

2 lbs. shin of beef.	1 carrot
1 lb. knuckle of veal;	2 small onions.
3 quarts cold water.	2 pieces of celery:
2 ozs. butter.	3 cloves.
A bouquet of herbs—	$\frac{1}{2}$ teaspoonful salt.
$\frac{1}{3}$ teaspoonful of thyme.	
Sprig of parsley.	
A bay leaf.	

Cut all the meat into small pieces, chop the bones, place in a pan with water, cover and bring to boil, skim well then simmer 2 hours. Fry the onion in the butter, slice the carrot add all to the soup, cover and simmer 3 hours longer. Then strain and remove all the fat when it is cold

N.B.—Chicken or rabbit bones may be used in place of veal.

TO CLEAR STOCK FOR SOUP.

1 quart stock:	Salt and pepper:
Whites 3 eggs.	

Remove every particle of fat from soup, dissolve it and season well. Whisk the eggs till stiff and whisk into the soup, then allow to come to boiling point without disturbing, simmer 5 minutes, strain through a linen cloth wrung out in hot water, and it is ready for the garnish:

BROWN STOCK.

1 lb. shin of beef.	2 tablespoonful beef dripping.
2 lbs. beef bones.	1 large carrot.
3 quarts cold water.	1 turnip.
1 teaspoonful salt.	2 onions.
	2 cloves.

Put the bones and water into a pan, bring to boil, skim, and simmer for 3 hours. Cut the meat up finely, fry it till brown in the dripping made hot, slice and fry the onion; then put into the stock with the other vegetables cleaned and sliced; simmer 3 hours longer, then strain and remove the fat when cold.

N.B.—The addition of a little celery and a bouquet of herbs improves this stock if it is to be served with a plain garnish.

WHITE STOCK.

2 lbs. knuckle veal.	2 pieces celery.
$\frac{1}{2}$ lb. lean ham (shank)	$\frac{1}{2}$ blade of mace.
5 pints cold water.	20 peppercorns.
2 small onions.	A bouquet of herbs (a bay
1 white turnip.	leaf and $\frac{1}{2}$ teaspoonful
	thyme and parsley).

Cut all the meat from the bones in small pieces, place all together in a pan with the water, bring to boil and skim thoroughly, cover and simmer 2 hours. Then add vegetables (sliced) and flavourings and simmer 3 hours longer, then strain through a hair sieve.

N.B.—When veal cannot be obtained a good substitute may be found in a cow heel, which should be well scalded and scraped before being stewed. Rabbit and chicken bones are an improvement or may be used entirely for the stock.

SECOND STOCK.

This may be made from meat or bones previously stewed for stock of a higher class, or from cold meat bones. The proportion of water is one pint to every pound of meat or

bones. It may be flavoured or not, according to the purpose for which it is required. It is suitable to use for making soups flavoured with some particular ingredient, such as onion, tomato, or any other vegetable, or if unflavoured with vegetables it is useful for making gravies and sauces.

BONE STOCK.

2 lbs. fresh meat bones. 4 quarts water (cold).
 $\frac{1}{2}$ teaspoonful sugar.

Place all together in a pan or jar and simmer for 12 hours, then strain.

This is used as a foundation for soups.

FISH STOCK.

1 cod's head or 2 lbs. fish 1 small carrot.
 bones. 1 small turnip.
 2 quarts water. $\frac{1}{2}$ blade mace.
 2 small onions. 20 peppercorns.
 $\frac{1}{2}$ teaspoonful salt.

Clean the head, remove the eyes and gills, place in a pan with water, add the vegetables sliced and the seasonings. Skim when boiling and simmer 3 hours.

N.B.—The flesh may be removed from the cod's head at the end of half-an-hour, and reserved to serve in the soup.

FISH SOUP.

1 quart fish stock. 2 ozs. flour.
 1 $\frac{1}{2}$ ozs. butter. $\frac{1}{2}$ pint milk.
 Salt and pepper. $\frac{1}{2}$ lb. cold fish.

Melt the butter in a pan, add the flour then the milk gradually, stirring all the time; add the fish stock and season well; boil for 2 minutes, add the fish broken into flakes.

OXTAIL SOUP.

1 oxtail (2 lbs.)	1 carrot.
2 quarts plain stock.	1 turnip.
1 tablespoonful dripping or butter.	1 onion.
2 pieces celery.	Bouquet of herbs.
	3 cloves.

Cut the tail into joints, remove all fat, sprinkle with flour, fry quickly in the dripping, made hot; slice and fry the onion. Heat the stock, add the tail, onion and vegetables (sliced), herbs, and cloves; simmer gently 3 hours, then strain, and keep the pieces of the tail.

Allow $1\frac{1}{2}$ ozs. cornflour to every quart of stock, and mix it with cold water, stir into the boiling stock and season well, boil up and add the small joints of the tail and the meat from the larger ones. A wineglassful of sherry to every quart is an improvement.

BEETROOT SOUP.

2 beetroots.	2 ozs. butter.
3 pints white stock.	Bouquet of herbs.
2 onions.	$\frac{1}{4}$ pint cream.
Salt and pepper.	1 oz. rice flour.

Clean and skin the beetroots, and slice them with the onions into a pan with the melted butter, cook slowly without browning, then add the stock and herbs and simmer gently $1\frac{1}{2}$ to 2 hours. Rub the vegetables through a hair sieve. Mix the rice flour with milk, add to the soup and stir until boiling; cook 5 minutes and season well. Add cochineal, to make a pretty pink, and the cream. Serve with fried croûtons.

CELERY CREAM SOUP.

Proceed as for potato soup, using celery in place of potatoes.

CHESTNUT SOUP.

1 quart white stock.	$\frac{1}{4}$ pint cream.
$\frac{3}{4}$ lb. chestnuts.	Salt, pepper, and cayenne.

Split the nuts and boil them in salted water 10 minutes, skin them and put into the stock, season and simmer half-an-hour. Rub through a sieve, add the cream and make hot and serve with fried croûtons.

ASPARAGUS SOUP.

50 heads of asparagus. $\frac{1}{4}$ pint cream.
 1 quart white stock. 1 teaspoonful cornflour.
 Salt and pepper.

Boil the stock, add the asparagus, from which the heads have been cut, and cook till tender, rub through a sieve, add the cornflour mixed with cold milk. Season and let it boil, add asparagus heads and simmer 10 minutes, then add cream.

MULLIGATAWNY SOUP.

$\frac{1}{2}$ rabbit or 1 lb. mutton. 1 teaspoonful curry powder.
 2 $\frac{1}{2}$ pints bone stock. 1 $\frac{1}{2}$ ozs. butter.
 1 onion. 1 tablespoonful flour.
 $\frac{1}{2}$ carrot. Small bouquet of herbs.
 $\frac{1}{2}$ turnip. $\frac{1}{2}$ stick rhubarb, or 1 sour
 Salt. apple.

Few drops of lemon juice.

Slice the onion, cut the rabbit into joints, or the mutton into one inch squares, fry them in the butter; then heat the stock, add meat and onion, vegetables, and herbs, and simmer one hour. Mix the curry powder and flour with a little cold water, stir into the soup, add the fruit minced finely and simmer one hour longer. Then remove the meat and cut the best parts into small pieces, rub the remainder through a sieve with the vegetable, using the soup to help them through, add salt and lemon juice, re-heat and add the pieces of meat. Send to table with boiled rice, served separately.

VEGETABLE SOUP.

1 quart stock. 1 $\frac{1}{2}$ ozs. finest sago.
 2 ozs. carrot. Salt and pepper.
 2 ozs. turnip. Few drops gravy browning.
 1 small onion. 1 oz. celery.

Soak the sago in water one hour, pour off the water, put the sago into boiling stock, cut all the vegetables into small dice, add to the soup and simmer one hour, then season.

N.B.—This soup is quickly made in an emergency if one teaspoonful of extract of meat is added to one quart of water for the stock.

LENTIL, PEA, OR HARICOT SOUP.

$\frac{1}{2}$ lb. lentils, split peas or haricots.	1 carrot.
	1 onion.
3 pints bone stock or water.	2 pieces celery.
1 turnip (small).	Salt and pepper.

Wash the lentils, soak them in the stock for 12 hours. Place them in a pan, skim when boiling, add the vegetables sliced, and simmer 2 to 3 hours. Then rub all through a sieve. Season and re-heat.

HARICOT SOUP is improved by the addition of half-a-pint of milk before serving.

BROWN LENTIL SOUP may be made by frying the vegetables until brown in dripping before cooking them.

CRESSY OR CARROT SOUP.

1 lb. clean carrots.	2 pieces of celery.
1 turnip.	A bouquet of herbs.
1 onion.	1 quart second stock
1 oz. butter.	(not brown).

Slice the carrots and throw into salted boiling water, and cook 20 minutes. Strain off the water, add the butter, vegetables sliced, herbs and stock, and simmer one hour. Rub all through a hair sieve. Season and re-heat. Serve with fried croutons.

TOMATO SOUP.

1 lb. fresh tomatoes or	1 oz. butter.
1 pint tinned tomato pulp.	1 onion.
1 quart stock.	2 ozs. raw lean ham.
	Salt and pepper.
2 tablespoonful cornflour.	

Slice the tomatoes and onions into a pan with the butter and ham, cover and cook slowly half-an-hour. Rub through a sieve, adding the stock, then boil up and season. Mix the cornflour smoothly with cold water, pour the soup on to it, return to pan and boil up, and add a few drops of cochineal if required to brighten the colour.

TOMATO CREAM SOUP.

Prepare as in foregoing recipe and add $\frac{1}{2}$ pint hot cream and milk just before serving.

PALESTINE OR ARTICHOKE SOUP.

1 pint of white stock.	$\frac{1}{2}$ pint milk or cream.
$1\frac{1}{2}$ lbs. artichokes.	1 oz. butter.
1 onion.	Salt and pepper.

Peel the onion and artichokes and throw into cold water a little lemon juice, slice them finely into a pan with the butter melted, toss lightly until they have absorbed it, then add the stock and simmer half-an-hour. Rub through a sieve and serve with fried croûtons.

KIDNEY SOUP.

1 lb. ox kidney or 6 sheep kidneys.	1 oz. butter.
3 pints flavoured stock.	Salt and pepper.
	$1\frac{1}{2}$ ozs. cornflour.

Remove all fat from the kidney and slice it, fry quickly in butter. Place in a pan with the stock heated and simmer 2 hours. Mix the cornflour smoothly with cold water, strain the stock on to it, season and boil up, add the pieces of kidney cut in small pieces.

This soup is improved by the addition of a wineglassful of sherry just before serving.

GRAVY SOUP.

Any nicely flavoured brown stock may be used for this, and it can be garnished with vegetables cut into fancy shapes, or macaroni, or vermicelli broken into short lengths. The garnish should be cooked in salted water until tender, and added to the soup when serving.

GREEN PEA SOUP.

1 lb. fresh peas or $\frac{1}{2}$ lb. dried green peas.	1 head of lettuce.
$\frac{1}{4}$ teaspoonful carbonate of soda.	1 onion.
	$\frac{1}{2}$ dozen mint leaves.
	3 pints flavoured stock.

If the peas are dry soak them for 12 hours in water. Then place them in a pan with stock boiling, and add the soda, slice the onion and lettuce and add to the stock with the mint, simmer for 1 hour if fresh peas are used, or 2 hours for dried ones. Rub through a sieve and season well, then boil up:

POTATO SOUP.

1 $\frac{1}{2}$ pints white stock	2 pieces celery.
$\frac{3}{4}$ lb. peeled potatoes.	$\frac{1}{4}$ pint milk or cream.
1 small onion.	1 oz. butter.

Salt and pepper.

Slice the potatoes, onions, and celery, toss them in a pan in which the butter has been melted for 5 minutes, then add the stock and simmer half-an-hour. Rub through a fine sieve, add the milk warmed and seasoned, then re-heat and serve with fried croûtons.

SHEEP'S HEAD BROTH.

1 sheep's head.	$\frac{1}{2}$ teacupful rice.
3 quarts water.	4 leaves sage.
1 large carrot.	3 potatoes.
1 large onion.	2 tablespoonful fine oat- meal.
1 turnip.	
2 pieces celery.	Salt and pepper.

Wash the head in salt and water, remove tongue and brains. Put into a large pan with the water, vegetables, and rice, skim well when boiling, then let it simmer 5 hours, strain the meat and vegetables through a sieve and let all get cold, then remove all fat. Mix the oatmeal smoothly with water, boil the soup and add the oatmeal and season well. Simmer 10 minutes and serve with small forcemeat balls, well baked in the oven. ;

SCOTCH BROTH.

- | | |
|----------------------------------|------------------|
| 1 lb. shin of beef. | 2 carrots. |
| 1 lb. neck of mutton. | 2 small turnips. |
| 3 quarts water. | 2 small onions. |
| 2 ozs. pearl barley. | Salt and pepper: |
| ½ tablespoonful chopped parsley. | |

Cut the meat into small pieces and remove all the fat, put into a pan with the water and barley, and simmer 1 hour. Then add the vegetables cut into dice, simmer 1½ hours longer. Season and sprinkle the parsley into it just before serving.

CUCUMBER PUREE.

- | | |
|-------------------------------|------------------------|
| 1 pint white stock. | 1 cucumber. |
| 1 oz. lean ham. | 1 oz. butter. |
| 1 very small onion. | 1 egg. |
| 4 inches celery. | 3 tablespoonful cream: |
| Salt, pepper and ground mace. | |

Slice the onion finely, peel and cut up the cucumber into small pieces, cook them gently in the butter over the stove for about 10 minutes, add the stock, and the ham and celery cut into small pieces, cover and simmer gently 20 minutes, then rub through a sieve and season well. Beat the egg and cream together, boil the soup and whisk it gradually on to the beaten egg, serve at once with fried bread.

MUTTON BROTH.

- | | |
|-----------------------------|------------------|
| 3 or 4 lbs. neck of mutton. | 1 large carrot. |
| 2 quarts water. | 1 large onion. |
| 1½ ozs. pearl barley. | 2 pieces celery. |
| 2 sprigs parsley. | 1 turnip. |

Place the meat and water in a pan, bring to boil, add barley and vegetables cut into dice. Simmer 2½ hours, serve the meat with caper sauce.



FISH.

HOW TO CHOOSE:

The flesh should be firm and the eyes bright, the gills should be bright coloured, and if very fresh will be open. Cod and halibut should show a slight redness round the bone when cut into. Salmon, mackerel, and herrings should look very silvery.

TO PREPARE FOR COOKING.

Soles and other flat fish are easily cleaned by making a sharp incision close to the head, large enough to admit of the fingers being inserted. The inside should be rubbed with salt to remove discolouration.

Scales may be removed by scraping from the tail to the head of the fish. Salmon is not scaled at all. Red mullet and smelts are drawn from the gills without cutting the fish.

Fresh water fish may have their muddy flavour removed by soaking in salt and water. They are most easily scaled after being plunged into boiling water.

TO SKIN AND FILLET FISH.

Soles are skinned before filleting by making a slight incision across the tail, then raising the skin with the finger and thumb, using salt to give a firm hold, loosen the skin on both sides close to the fins, then pull away to the head. Plaice are most easily skinned after filleting by using a sharp knife and passing it between the flesh and skin, laying the fish skin side downwards on a board.

Haddock, whiting, &c., are skinned by cutting off the fins, then slip the finger under the skin close to head and pull towards the tail. To remove the fillets, cut down each side of the back fins and remove the flesh close to the bone.

TO EGG AND CRUMB FISH FOR FRYING.

Wipe the fish after washing and sprinkle with flour. Beat an egg well and pour on to a plate, lay the fish in it and brush the egg thoroughly over it. Have ready a sheet of paper with $\frac{1}{4}$ lb. or more bread crumbs on, lift the pieces of fish on the point of a knife one at a time into the crumbs and shake them all over it, lift out lightly with the fingers and shake all the loose crumbs off and set aside to harden. Fish is always easier to fry if prepared a little time before required for cooking, as the egg then dries a little.

RULES FOR BOILING FISH.

Salt fish and mackerel should be put into cold water, all other fish into hot water, except salmon, which should be put into boiling water.

Add half-a-tablespoonful of vinegar and salt to each quart of water in which fresh fish is boiled. The acid makes the flesh firmer and whiter, and the salt seasons it.

The fish should be put on a strainer or plate so that it can be lifted out easily.

The water should only be allowed to simmer, if it boils the fish will be broken.

The time allowed for cooking varies according to the thickness and size of the fish, an average rule is 8 minutes to the pound, but it must be left to the cook's discretion to reduce or increase the time according to the shape of the fish to be cooked.

The fish should be well drained, then served on a folded serviette.

Suitable garnishes are sliced or quartered lemon, parsley chopped or in sprigs, lobster choral, and hard boiled egg. Fennel for salmon and mackerel.

STEAMED FISH.

This method of cooking is recommended in preference to boiling for small pieces of fish, as the flavour of the fish does not escape so much. The water should be kept boiling quickly all the time. Fillets of fish may be rolled and put into a basin and covered with a greased paper before steaming. The liquor which comes from the fish should be used in any sauce served with it.

BAKED FISH.

The oven should only be moderately hot and if the fish is small it should be covered with buttered paper to prevent it getting dried up. Stuffed fish should be cooked in dripping and well basted.

SALMON.

In season from February to September. It may be boiled, steamed, baked, or grilled. Sauces suitable are :—Hollandaise, tartare, dutch, horseradish, fennel, or parsley.

COD AND HADDOCK.

Always in best condition in the Winter months.

Head and shoulders may be boiled or stuffed and baked.

Middle part, cut in steaks for frying or stuffed.

Tail piece, boiled.

Sauces suitable, oyster, dutch, shrimp, anchovy, egg or tomato.

MACKEREL.

Best in Spring and Autumn.

May be boiled, baked and stuffed, or grilled, the latter either whole or split open.

Serve with melted butter, fennel, caper, tomato, or brown sauce.

WHITING.

Seasonable in Spring and Summer.

They should be skinned, and the tail passed through the eyeholes, except for broiling.

They are usually covered with egg and crumbs, and fried:

Serve with parsley, anchovy, shrimp, or egg sauce.

SOLES AND PLAICE.

Seasonable except in early Spring.

May be fried, baked, steamed, or boiled whole or in fillets.

Serve with maitrè d' hotel butter, or hollandaise, tartare, white, anchovy, or dutch sauce.

Plaice may be stuffed with veal stuffing under the fillets, then baked, and served with brown sauce.

HALIBUT.

This fish is always in best condition in the early Winter months.

The small fish have a finer flavour than the very large ones.

The steaks may be baked or fried, and a larger piece is suitable for boiling.

Serve with sauce suitable for cod.

HAKE, LING, AND CONGER EEL.

These fish can all be cooked like cod, or may be stewed in milk, with seasonings, and the liquid made into white sauce and poured over it when serving.

HERRINGS.

These may be grilled whole, or split open and the back bone removed; or dipped in flour or fine oatmeal and fried. They can also be steamed or boiled; boned, rolled and baked in a buttered tin; or pickled by baking them in vinegar and water.

ROLLED PLAICE OR SOLE.

A nice thick plaice.

1 oz. butter.

1 oz. flour.

$\frac{1}{2}$ pint water.

Salt and lemon juice.

$\frac{1}{4}$ pint of milk.

Fillet and skin the plaice, sprinkle each fillet with salt and lemon juice, roll up, with the skinned side inside, and place in a greased basin, cover with a greased paper and steam 15 minutes. Put the bones of the fish with the water to simmer half-an-hour, then strain off the stock. Melt the butter in a pan, add flour, then the milk gradually, stir until boiling, add a little of the fish stock to make the consistency of thick cream. Dish up the fillets, add the liquor in the basin to the sauce, boil up, season with salt and lemon juice and pour over the fish.

N.B.—The fish may be baked in a buttered tin covered with paper. A sole cooked in this way is a suitable dish for an invalid.

STUFFED PLAICE.

Choose a thick plaice, remove the black skin, head, fins, and tail, cut the flesh down the centre of the skinned side, and loosen the fillets in the centre of the fish, put a little veal stuffing under them and lay the fish in a buttered tin, cover with greased paper and bake in a moderate oven 20 minutes. Cover with brown, tomato, or anchovy sauce, and garnish with parsley and sliced lemon.

CRAYFISH, SHRIMP, OR PRAWN PATTIES.

$\frac{1}{2}$ pint picked prawns or shrimps, or 4 oz. cray- fish after removing shells.	$\frac{1}{4}$ pint hollandaise sauce (<i>see recipe</i>). 6 ozs. short pastry.
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Line small deep patty tins with the pastry, line with buttered papers, fill with rice and bake in a moderate oven. Chop the picked prawns or crayfish into dice, stir into the sauce and make hot without boiling. Remove papers and rice from cases and fill with the mixture, serve hot.

CASSOLETTES OF FISH, SHRIMPS, ETC.

$1\frac{1}{2}$ lbs. potato pastry.	$\frac{1}{4}$ pint picked shrimps or
Egg and breadcrumbs.	4 ozs. cold fish.
Salt, pepper, cayenne, and ground mace.	1 oz. butter.
	1 oz. flour.
$\frac{1}{2}$ pint milk and cream.	Lemon juice.

Divide the potato pastry in 8 portions, make into balls and flatten each a little, egg and crumb them, smooth with a knife and egg and crumb again, mark a ring in the top of each with a small cutter, fry them in smoking hot fat, then remove the top and scoop out some of the potato.

Melt the butter in a pan, add the flour, then milk gradually, stir till boiling, add the shrimps, lemon juice and seasonings, make hot and fill the cases, re-place the tops and serve very hot.

CURRIED FISH.

1 lb. halibut.	2 tablespoonful fresh cocoanut.
1 cucumber.	$\frac{3}{4}$ pint stock from fish bones or unflavoured white stock.
1 tablespoonful curry powder.	$\frac{1}{4}$ teaspoonful salt.
$1\frac{1}{2}$ ozs. butter.	1 teaspoonful turmeric.
$\frac{1}{2}$ tablespoonful ground rice.	$\frac{1}{2}$ teaspoonful coriander seeds (ground).

1 saltspoonful cinnamon.

Cut the fish into pieces 1 inch square, fry the onion in the butter, without browning, add the ground rice, cinnamon, coriander, cocoanut, curry powder, turmeric, and salt, stir in the stock and simmer gently for 20 minutes. Cut the cucumber in 2 inch lengths and remove the skin, cut in quarters and remove the seeds, cook in boiling salted water 10 minutes, then strain and add to the curry with the fish cut in small pieces, simmer 10 minutes longer, then dish up and serve with boiled rice.

KEDGEREE.

$\frac{1}{4}$ lb. Patna rice.	1 raw egg.
$\frac{3}{4}$ lb. cooked fish.	1 hard-boiled egg.
2 ozs. butter.	Salt, pepper, and ground mace.

Throw the rice into boiling water, salted to taste, stir for 2 or 3 minutes, boil 15 to 18 minutes, then drain well. Remove all skin and bone from the fish and beat it with a fork. Melt the butter in a pan, add fish, rice, seasoning, and white of egg chopped finely, stir till hot, then add beaten raw egg, pile high on a hot dish, pass the yolk of hard-boiled egg through a sieve over the top and garnish with parsley.

MAYONNAISE OF FISH.

1 lb. cold fish (salmon, trout, or mackerel are suitable).	$\frac{1}{2}$ pint aspic jelly.
	$\frac{1}{2}$ pint mayonnaise sauce.
	$\frac{1}{2}$ cucumber.
2 or 3 heads of lettuce.	4 tomatoes.
A little endive or water-cress.	2 hard-boiled eggs.

Take all the skin and bone from the fish and break it into large pieces. Wash the vegetables and drain well, roll in a towel to dry them. Shell the eggs and cut each in eight pieces. Dip the tomatoes into boiling water and remove the skin, then slice or quarter them. Score and slice the cucumber. Tear or shred the lettuce, arrange on a paper d'oyley in the centre of a dish, lay the pieces of salmon on the top and cover them with mayonnaise sauce, garnish with the rest of the things; the aspic may be sliced and cut into fancy shapes and the trimmings chopped finely.

N.B.—A handsome dish of salmon may be prepared by leaving the fish whole and after removing the skin coat it with mayonnaise and garnish with gherkin and capers, red chilies and truffles in any pretty design and arrange the vegetables, &c., all round as above.

STUFFED FILLETS OF SOLES.

$\frac{1}{2}$ oz. butter.	Salt, pepper, and ground
$\frac{1}{2}$ oz. flour.	mace.
3 tablespoonful milk.	Few drops of lemon juice.
$\frac{1}{4}$ pint picked shrimps.	1 lemon sole (1 to 1 $\frac{1}{2}$ lbs.)

Chop the shrimps very finely, melt the butter in a pan, add the flour, then the milk, and stir till boiling and cook well, then add the shrimps and seasonings. Skin and fillet the fish, sprinkle with salt and lemon juice, then spread the shrimp mixture on the skinned side of each fillet, roll up from the tail end and fasten with string, stand the rolls in a buttered tin and cover with greased paper and bake in a moderate oven 15 to 20 minutes. Then dish up and cut off the strings, cover with white fish sauce and garnish with powdered lobster coral and sprigs of parsley.

N.B.—A $\frac{1}{4}$ lb. of chopped lobster or crayfish may be substituted for shrimps.

CROUTES OF HADDOCK.

1 Finnan haddock ($\frac{3}{4}$ lb.)	$\frac{1}{2}$ tablespoonful chopped
2 eggs.	parsley.
3 tablespoonful milk.	Salt, pepper, and cayenne.
2 ozs. butter.	Hot buttered toast.

Place the haddock in a bowl, cover with boiling water and let stand 15 minutes, then dry it, remove skin and bones and chop the fish finely. Melt the butter in a pan, add the fish and season well, then stir in the eggs well beaten with the milk, and cook over a gentle heat until stiff, then add the parsley and pile on rounds of hot toast. Serve very hot.

SCALLOPED CRAB.

$\frac{1}{2}$ oz. butter.	1 medium sized crab.
$\frac{1}{2}$ oz. flour.	Pepper and cayenne.
$\frac{1}{4}$ pint milk (rather less).	1 hard-boiled egg.
1 teaspoonful anchovy	1 teaspoonful browned
essence.	crumbs.

Pick all the meat from the crab except the small claws. Scald the large shell and rub with salt to cleanse it, then dry it. Melt the butter in a pan, add the flour; then the milk gradually, stir till boiling; add the anchovy and seasoning and the picked crab, make hot. Fill the crab shell with the mixture, sprinkle the brown crumbs over it, garnish with the small claws, standing them upright in the mixture with the points together, rub the hard-boiled egg through a sieve over it, and finish with a few sprigs of parsley.

FISH IN BATTER.

1½ lbs. cod or ling.	4 large tablespoonful
Frying batter.	dripping.
Salt and pepper.	

Take all the skin and bone from the fish and cut into neat pieces, season well. Make the dripping smoking hot in a frying pan, then dip the pieces of fish one at a time into the batter, drop them carefully into the fat and fry until nicely browned on both sides, then drain and dish up and garnish with parsley.

N.B.—Too many pieces should not be put into the fat at once, or the batter would cause them to adhere to each other.

BAKED STUFFED COD OR HADDOCK.

2 lbs. middle of cod or	3 ozs. breadcrumbs.
a 2 lb. haddock.	1½ ozs. suet (chopped).
½ teaspoonful salt.	¼ teaspoonful dried thyme.
A little pepper.	1 egg.
½ tablespoonful chopped parsley.	

Mix crumbs, suet, herbs, and seasoning, add the egg well beaten and milk if necessary. Cleanse and wash the fish, put in the stuffing and skewer or sew neatly (a haddock should be skewered like a letter S). Bake in a tin with a little dripping about 30 minutes, sprinkle with brown crumbs and serve with brown sauce.

FISH BAKED IN MILK.

1½ lbs. haddock or piece	1 oz. butter
of cod.	1 tablespoonful flour.
¾ pint milk.	Salt and pepper.
½ tablespoonful chopped parsley.	

Clean and wipe the fish, lay in a deep dish with the milk. Cover and bake slowly 20 minutes. Then mix the flour smoothly with cold milk, pour the hot milk on to it, dish up the fish, let the sauce boil, add the parsley, butter and seasonings, and cover the fish with it.

BAKED HALIBUT STEAKS.

1 lb. halibut.	Seasoning.
1 oz. butter.	A few drops lemon juice.
	A few browned crumbs.

Lay the fish in a buttered tin, season and sprinkle with lemon juice, pour the butter (melted) over it, cover with a greased paper and bake slowly about 15 minutes, lift on to a hot dish, sprinkle with crumbs and garnish with lemon and parsley.

FILLETS OF WHITING WITH TOMATOES.

2 whittings.	Juice $\frac{1}{2}$ lemon.
3 medium sized tomatoes.	1 oz. butter.
Salt and pepper.	1 oz. flour.
1 pint water.	A few drops of browning.

Fillet the fish and cut each fillet in half, lay in a buttered tin, sprinkle with salt and lemon juice, cover with buttered paper, and cook in a moderate oven 10 minutes. Slice the tomatoes thickly into another buttered tin and cook gently 5 minutes. Place the bones of fish in a pan with water and lemon juice and simmer 20 minutes. Mix the flour smoothly with cold water, strain the fish stock on to it. Return to pan and boil, season and add browning and butter. Dish up the fillets and cover with sauce and garnish with tomato slices.

FISH AND POTATO MOULD.

$\frac{3}{4}$ lb. cold fish.	1 teaspoonful anchovy
6 ozs. mashed potatoes.	essence.
1 $\frac{1}{2}$ ozs. butter.	Salt and pepper.
1 hard-boiled egg.	A little ground mace.
	Some curled fried bacon.

Remove all skin and bones and chop the fish finely, add the potatoes, butter (melted), and seasonings. Press the mixture firmly in a buttered mould and bake in a moderate oven half-an-hour. Turn on to a hot dish, rub the hard-boiled egg through a sieve over it, sprinkle with chopped parsley and serve the bacon round the mould.

SHRIMP KROMESKIES.

$\frac{1}{4}$ pint picked shrimps.	1 oz. flour.
$\frac{1}{4}$ pint milk.	Salt, pepper, and ground
1 tablespoonful cream.	mace.
1 oz. butter.	Some very thin strips of
Frying batter. (<i>see recipe</i>)	bacon

Melt butter in a pan, add flour, then milk gradually, stir till boiling, cook 2 minutes, then add cream, shrimps, and seasonings and spread on a plate to cool. When cold take a teaspoonful of the mixture and lay it on the end of a piece of bacon, roll the bacon once round it and cut off the remainder, prepare the remainder of the mixture in same way. Then dip in batter and drop carefully into a pan of smoking hot fat and fry until a nice golden brown, then drain. Serve on a paper d'oyley garnished with parsley.

N.B.—Cold fish or oysters may be used instead of shrimps.

CREAM OF FISH.

$\frac{1}{2}$ lb. cooked fish.	$\frac{1}{4}$ pint white sauce.
1 oz. butter.	3 eggs
1 oz. breadcrumbs.	Salt, pepper, and cayenne.
1 teaspoonful lemon juice.	2 teaspoonful anchovy
	essence.

Remove all skin and bone from fish and pound it well with the butter, then rub through a wire sieve. Mix with the crumbs, essence of anchovy, lemon juice, sauce and seasonings, add yolks of eggs, then the whites whisked stiffly, stir lightly together and pour into a buttered mould, cover with buttered paper and steam 1 hour. Turn out, serve with anchovy sauce.

SOUSED MACKEREL.

2 or 3 mackerel.	1 bay leaf.
$\frac{1}{2}$ pint vinegar.	20 peppercorns.
$\frac{1}{2}$ pint water.	1 small onion.
2 or 3 sprigs of parsley.	1 clove.
Salt.	$\frac{1}{2}$ blade mace.

Clean the fish and lay in a pie dish with onions (sliced), herbs, and seasonings, cover with the vinegar and water and put another dish on the top, simmer very slowly $1\frac{1}{2}$ hours. Let the fish get cold in the liquor and strain a little of it over them when serving. Garnish with cress or lettuce.

BAKED MACKEREL.

Cook like baked haddock, leaving the fish flat in the tin instead of curling it. Serve with tomato sauce.

FISH CAKES.

5 ozs. mashed potatoes.	Salt, pepper, and ground
$\frac{1}{2}$ lb. cooked fish.	mace.
1 oz. butter.	Egg and breadcrumbs.

Dripping for frying.

Take all skin and bone from the fish and chop it finely, Mash the potatoes and melt the butter, mix all together, and add seasonings. Make into small round cakes on a floured board, brush with beaten egg and cover with breadcrumbs, and fry in hot dripping till nicely browned. Then drain on a paper d'oyley and garnish with parsley.

FISH CROQUETTES.

1 oz. butter.	$\frac{1}{2}$ lb. cold fish.
1 oz. flour.	1 tablespoonful cream.
$\frac{1}{4}$ pint milk.	Salt, pepper, cayenne,
Egg and breadcrumbs.	and ground mace.

Dripping.

Remove all skin and bone from fish and break it up a little. Melt the butter in a pan, add the flour, then the milk gradually, stir until boiling and cook well. Remove from the stove and add fish, cream, and seasonings, and spread on a plate to cool. Then make into round cakes or roll shapes, brush with beaten egg and roll in crumbs, and fry in smoking hot dripping until a nice brown, garnish with parsley:

N.B.—A few oysters bearded and cut in small pieces are a great improvement to the mixture, the seasoning of which may be varied in several ways by the addition of chopped parsley, shrimps, anchovy essence, &c.

FISH MOULD.

9 or 10 ozs. cold fish.	1 egg.
1 oz. butter.	$\frac{1}{2}$ tablespoonful anchovy
1 oz. flour.	essence.
$\frac{1}{4}$ pint milk.	Salt and pepper.

Chop the fish finely; melt the butter in a pan, add the flour, then stir in the milk gradually, and when boiling, remove from the stove. Add the fish and seasonings, and the egg well beaten. Turn into a buttered mould, cover with buttered paper and steam $\frac{3}{4}$ hour. Then turn out and garnish with parsley and serve with any fish sauce.

FISH PUDDING OR SCALLOPED FISH.

$\frac{1}{2}$ lb. cold fish.	1 small onion.
1 oz. butter.	$\frac{1}{2}$ blade of mace
1 oz. flour.	Salt and pepper.
$\frac{3}{4}$ pint of milk.	A few browned bread-
A little mashed potato.	crumbs.

Remove the skin and bone from the fish and break it into large flakes. Simmer the onion and mace in the milk for 20 minutes, then strain. Melt the butter in a pan, add the flour, then the milk gradually, stir until boiling and cook 2 minutes, then season well and add the fish. Pour into a buttered pie dish, cover with mashed potato and sprinkle with brown crumbs, and set in the oven to get thoroughly hot.

N.B.—The mixture can be served in scallop shells and the potatoes omitted

Tinned lobster can be used in the same way.

LOBSTER CREAMS.

1 lobster.	2 tablespoonful cream.
1 oz. butter.	2 eggs.
$\frac{1}{2}$ tablespoonful anchovy essence.	Salt, pepper, and cayenne.

Pick and pound the meat from the lobster, add the yolks of eggs, butter (melted), cream, and seasonings. Whisk the whites till stiff, stir them in lightly, put into well buttered darioles and steam 20 minutes. Turn out and cover with white sauce, to which a little lobster spawn has been added.

TO BOIL LOBSTERS.

Drop into plenty of fast boiling water, and cook about 20 minutes. Avoid cooking too long or the flesh will be stringy.

RIBBON FILLETS OF FISH.

Fillet and skin the fish (soles, plaice, haddock, or whiting, are most suitable). Cut the fillets in long strips, then tie in knots. Season and sprinkle with lemon juice, egg and crumb them and fry in smoking hot fat. Drain and serve on a dish paper.

FISH TOAST.

$\frac{1}{2}$ lb. cold fish.	2 slices buttered toast.
2 ozs. butter.	A little chopped parsley.
$\frac{1}{2}$ tablespoonful anchovy essence.	Salt, pepper, cayenne, and ground mace.

Chop the fish finely, place in a pan with butter (melted), add parsley, anchovy, and seasonings. Stir over a gentle heat till thoroughly hot, then serve on the toast.

DRESSED CRAB.

1 large crab	$\frac{1}{2}$ tablespoonful anchovy essence.
2 tablespoonful vinegar.	1 teaspoonful mustard (mixed).
1 tablespoonful cream.	
Salt, pepper, and cayenne.	

Pick all the meat from the crab except the small claws. Wash and dry the crab shell. Mix all the picked crab together with the seasonings, pile high in the crab shell. garnish with the small claws laid round and watercress or parsley.

POTTED CRAB.

$\frac{1}{2}$ lb. picked crab.	1 tablespoonful anchovy
6 ozs. cooked haddock.	essence.
Salt, pepper, cayenne and ground mace.	3 ozs. butter.

Pound the crab and flesh of haddock together, add the butter (melted), and season very well. Press into pots and cover with clarified butter.

SCALLOPED LOBSTER.

1 large lobster.	Salt, pepper, and cayenne.
$\frac{1}{4}$ pint cream.	Browned breadcrumbs.

Pick the lobster claws, cut the body open lengthways down the centre, pick out the meat and chop all finely, season very well. Lay the shells in a tin and fill each half with the lobster, pour the cream over and sprinkle with the crumbs. Set in a quick oven to get quite hot.

N.B.—Tinned lobster may be prepared in the same way and served in scallop shells.

White sauce can be used in place of the cream to prepare more economically.

CRAB PATTIES.

1 medium sized crab.	$\frac{1}{2}$ teaspoonful dry mustard.
1 tablespoonful vinegar.	1 teaspoonful anchovy
1 tablespoonful cream.	essence.
1 lb. flaky pastry.	Salt.

Pick all the meat from the crab and mix with mustard, cream, vinegar, and seasonings. Roll out the pastry and cut into rounds, line small patty tins, wet the edges, fill with a spoonful of mixture, cover with rounds of pastry, press the edges lightly together, cut a hole in the centre, and bake in a quick oven. Serve hot or cold, garnished with watercress:

CRAB SOUFFLEES.

2 ozs. butter.	6 anchovies or 1 table-
2 ozs. flour.	spoonful anchovy
$\frac{1}{2}$ pint thin cream.	paste.
1 large crab.	3 eggs.
Salt, pepper, and cayenne.	

Melt butter in a pan, add flour, and cream gradually, stir till boiling. Add the anchovies (washed, boned, and rubbed through a sieve), seasonings, flesh of crab, and yolks of eggs, whisk the whites of eggs to a stiff froth, stir them in lightly. Pour the mixture into well buttered soufflé cases, round which bands of buttered paper have been fastened, and bake in a quick oven 10 minutes. Serve at once.

FILLETS OF PLAICE A LA MAITRE D' HOTEL.

Trim the fillets neatly and fold them in half, bake them in a buttered tin covered with a greased paper, or steam 15 minutes. Dish them in a circle and cover with parsley sauce.

STEWED EELS.

2 lbs. eels.	A few drops lemon juice.
1 pint plain stock.	Pepper, salt and cayenne.
1 tablespoonful flour.	2 ozs. butter.

Skin the eels and cut into 3 inch lengths, fry them in butter, then put in a stew pan with stock and seasonings, stew till tender. Mix the flour with cold water and thicken the stock. Dish up the eels and let the sauce boil and pour over the fish.

EEL PIE.

1 lb. eels.	A bouquet of herbs:
$\frac{1}{2}$ pint of stock.	1 small onion.
A little salt.	10 peppercorns.
Juice of $\frac{1}{2}$ lemon.	Some short pastry.

Skin and cut the eels into 3 inch pieces, stew them slowly until tender in the stock, with the onion, herbs and seasonings. Then lay the fish in a pie dish and strain the stock over them. When cold cover with short pastry and bake in a quick oven about 20 minutes. Serve hot or cold.

BAKED CRAB.

1 medium sized crab.	2 tablespoonful bread
1 oz. butter.	crumbs.
1 teaspoonful essence of anchovy.	1 egg.
	$\frac{1}{4}$ teaspoonful mustard.

Take the meat out of the crab and cut it into small pieces, add crumbs, with mustard mixed, egg, flavouring, and butter melted. Wash the shell and place the mixture in it, sprinkle with breadcrumbs and bake about 10 to 15 minutes.

LOBSTER PIE.

1 small lobster or tin of lobster.	2 ozs. butter.
$\frac{1}{2}$ a good sized lemon.	1 oz. flour.
$\frac{1}{2}$ pint milk.	1 hard boiled egg.
Salt, pepper and cayenne.	A little tarragon vinegar.
	Parsley.
	Some breadcrumbs.

Empty the lobster into a colander and drain it.

Place in a pie dish, season with salt, cayenne, and lemon juice. Melt butter in a pan, add flour, then gradually milk, let it cook well and flavour with tarragon vinegar, salt, and pepper. Pour over the lobster, scatter breadcrumbs over the top and put in the oven to brown lightly, ornament with hard boiled egg and chopped parsley and serve hot.

HERRINGS AU GRATIN.

Herrings.	1 dessertspoonful bread-
1 onion.	crumbs.
Salt and pepper.	Lemon juice.
1 teaspoonful parsley.	$\frac{1}{2}$ teaspoonful herbs.

Open the fish down middle and remove back bone, chop the onion and parsley, mix with breadcrumbs, herbs, seasoning and a few drops of lemon juice, place a little of the mixture in each fish and fold over, sprinkle with browned crumbs. Bake in a moderate oven for about half-an-hour.

OYSTER PATTIES.

1 score oysters.	$\frac{1}{4}$ pint cream.
1 oz. butter.	Lemon juice.
1 oz. flour.	Pepper and cayenne.
$\frac{1}{4}$ pint oyster liquor and stock.	1 lb. puff pastry.

Make the patty cases (*see recipe*).

Beard the oysters, melt the butter in a pan, add the flour, stir in the oyster liquor and cream gradually when boiling, add seasoning and lemon juice, and oysters. Simmer 3 minutes, fill the cases with the mixture and serve hot.

N.B.—Lobster patties are made in the same way, using about $\frac{1}{2}$ lb. chopped lobster, and 1 tablespoonful live spawn (rubbed through a sieve) to the sauce.

SCALLOPED OYSTERS.

1 score oysters.	A few drops lemon juice.
$\frac{3}{4}$ pint sauce as for scalloped fish.	Pepper and cayenne.

Some browned breadcrumbs.

Beard the oysters, if large cut them in half, season well. Put a thin layer of sauce at the bottom of each buttered scallop shell, then 4 or 5 oysters, and a few drops of lemon juice, cover with sauce and sprinkle with browned crumbs. Set in a moderate oven 5 minutes to get very hot.

PICKLED HERRINGS.

Clean and split the herrings open, cut off the head, remove the back bone and roll up from the head to the tail. Lay in a pie dish and cover with equal parts of vinegar and water, add a little pepper and a bay leaf, cover and bake very slowly for 2 hours. Serve cold with the liquor strained over them.

BAKED FISH ROLLS.

1 lb. potato pastry.	$\frac{1}{2}$ oz. flour.
$\frac{1}{2}$ lb. cooked fish.	$\frac{1}{2}$ oz. butter.
3 tablespoonful milk.	$\frac{1}{2}$ teaspoonful anchovy essence.
$\frac{1}{4}$ teaspoonful chopped parsley:	Salt, pepper, and ground mace.

Melt the butter in a pan, add the flour, stir in the milk and cook till boiling, add the fish, anchovy, and seasonings.

Roll out the potato pastry and cut in pieces about 4 inches square, put a little of the fish mixture on each, brush round with egg and fold the edges together, pinch round and brush over with egg, lay on a greased baking tin and bake in a quick oven. Serve very hot.

FISH PIE.

$\frac{1}{2}$ lb. cooked fish.	1 oz. butter.
$\frac{1}{2}$ lb. cooked potatoes.	Salt, pepper, and ground
$\frac{1}{2}$ tablespoonful chopped parsley.	mace.

Break the fish into flakes. Mash the potatoes with a little milk and salt. Season the fish and lay in a pie dish with the parsley and seasonings, and butter (melted), pile the potatoes on the top, mark with a fork and bake in a quick oven till brown.

SHRIMP RISsoles.

6 ozs. short pastry.	$\frac{1}{4}$ pint of milk.
$\frac{1}{4}$ pint picked shrimps.	Salt, pepper, and ground
1 oz. butter.	mace.
1 oz. flour.	Egg and breadcrumbs.

Dripping

Melt the butter in a pan, add flour and milk and stir till boiling, season and cook well, add shrimps and let cool. Roll out the pastry thinly, cut into strips 4 inches wide; place a spoonful of mixture 4 inches apart on each strip; brush round with water and fold the edges of strip together, then press the pastry well and cut out the rissoles with half a round cutter, brush with beaten egg, roll in breadcrumbs and fry in smoking hot fat till brown, drain and dish up and garnish with parsley

Fish or oyster rissoles may be prepared in a similar way:

STEWED FISH.

$1\frac{1}{2}$ lbs. conger eel or hake.	$\frac{3}{4}$ pint milk and water
1 oz. butter.	(mixed).
1 oz. flour.	Salt, pepper, and ground
	mace:

Clean and wash the fish, place it in a stew jar or pan with milk and water and seasonings, cover closely and simmer very gently about 1 hour. Work the butter into the flour on a plate until it forms a soft ball, dish up the fish, add the butter to the milk, let it boil and strain over the fish.

LOBSTER CUTLETS.

1 medium sized lobster.	1 tablespoonful cream.
1 oz. butter.	Salt, pepper, and cayenne.
1 oz. flour.	Cochineal or lobster spawn.
$\frac{1}{4}$ pint of milk.	Egg and breadcrumbs.

Chop the lobster finely. Melt the butter in a pan, add the flour, stir in the milk, and stir and cook till quite stiff, add the cream, lobster, and seasonings, and the spawn rubbed through a sieve, or cochineal to colour a bright pink. Spread on a plate to cool. Make into cutlet shapes on a board, brush with egg and cover with breadcrumbs and fry in smoking hot fat till brown. Put one of the small claws of lobster in the end of each, and dish in a circle round the head and tail shell of the lobster.

SALMON QUENELLES

Proceed as for quenelles of veal, cover with hollandaise sauce and serve with a centre of peas or cucumber.

HADDOCK AND OYSTER FRITTERS.

6 ozs. dried haddock (free from skin and bone):	1 teaspoonful anchovy essence.
1 oz. butter.	$\frac{1}{2}$ score oysters.
1 oz. flour	Pepper and cayenne
$\frac{1}{4}$ pint milk	$\frac{1}{4}$ pint frying batter (<i>see recipe</i>)

Scald the haddock for 3 minutes, remove all skin and bone and chop the flesh finely. Melt the butter in a pan and stir the flour into it, add the milk and boil well, season and add the fish and spread on a plate to cool. Beard the oysters and season. Cover each oyster with the fish mixture, dip in frying batter and drop into smoking hot fat and fry till a nice golden brown, drain and dish up and garnish with parsley

SHRIMP { PATTIES }

6 bread croustades (<i>see</i>	$\frac{1}{4}$ pint of milk.
<i>recipe</i>).	Salt, pepper, and cayenne
Small pot of shrimps.	A few drops of lemon
$\frac{3}{4}$ oz. butter.	juice.
$\frac{3}{4}$ oz. flour	

Melt the butter in a pan, add the flour, then milk gradually, stir till boiling, add shrimps and season well, then fill the cases and serve hot:

SHRIMPS IN ASPIC.

$\frac{1}{2}$ pint aspic jelly.	1 head lettuce
$\frac{1}{4}$ pint picked shrimps.	Parsley.
1 hard boiled egg.	Salt and cayenne:

Season the shrimps. Line some small moulds with aspic, decorate the bottom of each with hard boiled egg, cut in fancy shapes, and sprigs of parsley, set with a little aspic, then put in a layer of shrimps and a little more aspic, then a little yolk of egg rubbed through a sieve, repeat layers till moulds are full. Serve with shredded lettuce.

FILLETS OF MACKEREL A LA FRANCAISE.

2 small mackerels.	$\frac{1}{2}$ lb. tomatoes.
2 ozs. butter.	1 tablespoonful cornflour.
Salt, pepper, and lemon	$\frac{1}{2}$ pint water.
juice.	Mashed potatoes.
A bouquet of herbs.	

Fillet the fish, season and sprinkle with lemon, cut in half and trim neatly. Melt the butter in a dripping tin, lay the fillets in it. Cover and bake in a moderate oven 15 minutes. Place the bones of fish with water, lemon juice and seasonings in a pan, slice the tomatoes into it, simmer gently 20 minutes, then rub through a sieve. Mix the corn-flour with cold water, add the fish liquor, let it boil. Dish the fillets in a row with a garnish of mashed potatoes and pour the sauce round.

SOLE A LA CARDINAL.

1 sole.	1 white of egg.
1 small whiting.	Few drops of carmine.
1 tablespoonful cream.	Salt, pepper, and lemon
1 oz. butter.	juice.
2 tablespoonful picked shrimps.	

Skin and fillet the sole and cut each fillet in half, season: Pound the flesh of the whiting and shrimps and rub through a sieve, add the butter (melted), cream, egg, and seasoning, and colour a light pink. Spread a little over each fillet, roll up and fasten with string, place in a buttered baking tin, cover with a buttered paper, and bake in a moderate oven 20 minutes. Dish up, remove the string, and cover with white sauce, to which has been added 1 tablespoonful lobster spawn, rubbed through a sieve.



Rules for Cooking Meat by various Processes.

ROASTING.

This is the most extravagant method, as only the best joints are suitable. The meat loses more weight by this method of cooking than in any other way, and the consumption of fuel is greater. The meat should be hung near a clear bright fire at first, with the thickest part downwards; after 15 minutes draw the joint back a little from the fire so that it cooks more slowly. It should be frequently basted with hot dripping. The time allowed for cooking will depend on size and thickness of joint, average 15 minutes to pound and 15 minutes over, though thick joints of veal and pork generally take 20 minutes to the pound.

For directions for roasting in a gas oven see page 4:

BAKING.

Place the meat on a trivet in the tin, put into a quick oven for 15 minutes, then cook more slowly, baste frequently and allow the same time as for roasting.

Baked meat has not such a fine flavour as roasted meat, because the oven does not allow the steam from the meat to escape freely during cooking.

GRILLING OR BROILING.

A kind of miniature roasting carried out over or in front of a clear fire. The fire must be fierce and bright, the grid-iron should be made hot and greased with suet and the chop or steak should be turned every 2 minutes with steak tongs or 2 knives until done. Serve at once on a very hot dish: Time according to thickness, 12 to 20 minutes.

Broiling in front of a hot fire can be most easily carried out in a dutch oven.!

BOILING

1. TO MAKE SOUP.—Put the meat in cold water, when it boils let it simmer very gently for several hours closely covered
2. TO BOIL A JOINT.—The gravy must in this case be kept in the meat, so the joint is put into boiling water and after allowing it to boil 15 minutes throw in a cupful of cold water and let it simmer till done, allow 20 minutes to the pound from the time of checking the boiling.

SALT MEAT is put into cold water so that some of the salt may be extracted and usually requires half-an-hour's cooking to each pound from the time it begins to simmer. Do not let it boil at all.

HAM AND BACON AND DRIED TONGUES should be soaked for several hours in cold water and well scraped before cooking. The liquor, in which any kind of meat has been boiled, should be reserved for use in the stock pot. If too salt it can be diluted with water.

STEWING.

The most economical method of cooking meat, as the juices extracted from the meat are served in the gravy. Little heat is required for this process, and the coarser and cheaper joints can be used and made tender and tasty. The simplest stews are made by putting the meat into cold water and allowing it to simmer until tender, 2 or 3 hours, vegetables or other flavourings can be added to taste. Stewing may be carried out in a slow oven or by the side of a slow fire. In either case the stew should be closely covered. If the meat is very tough, it may be dipped in vinegar to soften the fibres. Higher class stews are prepared by frying the meat before stewing and putting it into hot stock or water.

FRYING.

Two methods—WET OR FRENCH FRYING, AND DRY FRYING:

In the former method a large quantity of dripping is used so that the articles fried are quite covered with it.

The dripping should be perfectly still and have a faint blue smoke rising from it when the food is put into it, and after frying one lot of things the fat should be allowed to smoke again before putting anything more into it. A good test of the right heat of the fat is to throw in a small piece of breadcrumb, and if it begins to brown at once the heat is sufficient: This method of frying is suitable for cooking anything covered with egg and breadcrumbs, or a frying batter.

DRY FRYING is cooking in a small quantity of fat, merely sufficient to prevent the food burning. This method is used for frying cutlets, chops, fillets, and steaks, bacon, vegetables, &c.

Dripping should always be allowed to cool for a few minutes after being used for frying and then should be strained before being put aside for future use

COLD MEAT COOKERY.

This is one of the most important and most neglected items in all household cookery. All cold meat dishes require careful seasoning and flavouring to make them palatable, and should always be served with nicely thickened gravies and sauces, and made pleasing to the eye with suitable garnishes.

Care should always be taken not to boil the meat, only let it simmer till thoroughly heated



Joints, Entrees, Supper Dishes, and Cold Meat Cookery.

BRAISED BEEF.

4 lbs. flat ribs of beef.	2 onions.
2 turnips.	2 carrots.
1½ pints to 1¾ pints stock.	Salt and pepper.
2 ozs. butter.	1 small tablespoonful flour.

Skewer and tie up the meat, and fry about 15 minutes in the butter, then place in a large stew jar, with hot stock to come within an inch of the top of the meat. Add the onions peeled and the vegetables cut up into fancy shapes, and simmer gently in the oven from 2½ to 3 hours. Dish up the meat, thicken the gravy with flour, season and strain round the meat, and garnish with the vegetables.

FRICANDEAU OF BEEF.

3 lbs. beef steak or fillet in one thick piece.	Some larding bacon.
2 bay leaves.	2 carrots.
Some nicely flavoured stock.	Sprig parsley, thyme, and marjoram.
	Salt and pepper.

2 onions:

Trim the steak and lard it nicely, place it in a stew pan on the top of the vegetables and herbs, pour in enough stock to come half-way up the meat, cover with buttered paper and lid and simmer gently in the oven 1½ hours, remove lid and paper and allow the lardoons to crisp. Reduce the gravy until quite thick and strain over the meat, garnish with vegetables cut into fancy shapes and cooked in stock.

BEEF GALANTINE.

1½ lbs. lean beef or second steak.	¼ lb. ham or bacon. Salt and pepper.
1 egg.	A little glaze.

1 small onion finely minced.

Remove any skin from the meat and cut it into small pieces, pass through a mincing machine 2 or 3 times with the ham or bacon. Add onion, seasoning and egg, make into a thick roll, tie in a well greased cloth, plunge into boiling stock, draw the pan to one side and cook very gently for about 2 hours. Remove the cloth and tie in a dry cloth. Cover with a plate and a slight weight to press the meat. When quite cold brush over with glaze, and garnish with lettuce or cress and tomatoes.

N.B.—Veal may be substituted for beef and the onion should then be omitted

STEWED STEAK.

2 lbs. of stewing steak.	½ tablespoonful flour.
½ a bullock's kidney.	Salt and pepper.
1 onion.	1 pint water.

2 ozs. butter or dripping.

Slice the onion finely and fry in the butter, then trim the steak, and dredge it with flour and fry a nice brown, with kidney cut into slices. Have ready a pan with the water made hot in it, add steak and onion, and let them cook slowly 1½ to 2 hours. Mix the flour with cold water, add some of the hot gravy, return to pan, season and let it boil. Dish up steak and pour a little of gravy round, serve the remainder in a gravy boat.

VICTORIA STEAK.

1 lb. steak.	2 ozs. cooked ham (chopped);
1 tablespoonful flour.	3 ozs. breadcrumbs.
¾ pint of water.	1 oz. butter.
¼ teaspoonful thyme.	½ teaspoonful chopped parsley.

Salt and pepper.

Mix all the dry ingredients, except the flour, together, bind with the egg and butter melted, put this forcemeat on the steak, roll up, tie tightly, and fry a nice brown in hot butter. Put into the water made hot in a pan and cook gently for 2 hours. Mix the flour with a little cold water, add some of hot gravy, return to pan and let boil, season and it is ready. This may also be served with mushrooms.

PORTERHOUSE STEAK.

This steak is cut from the sirloin right through the bone. It should have a good piece of the undercut in it and should be an inch thick. Season with salt and pepper, grill on both sides, and cook about 8 minutes. Serve with chipped potatoes.

BEEFSTEAK PUDDING

1½ lbs. of beef steak:	Salt, pepper, and flour
¼ lb. of kidney:	Suet crust.

Cut the steak into thin strips, place a small piece of fat and kidney on each, roll up and dip in the flour. Line a well greased basin with suet crust, put in the steak and kidney. Season each layer, then about half fill the basin with cold water. Cover with a lid of pastry, then a greased paper on the top and steam 3 hours. Serve in the basin with a serviette folded round it.

FILLETS OF BEEF A LA FRANCAISE.

About 1 lb. beef fillet.	Spinach purée.
Some croûtes of fried bread.	2 large firm tomatoes.

Cut the fillet in neat rounds half-an-inch thick and three inches diameter. Grill them one minute on each side. Then serve one on each croûte and season well. Slice the tomatoes thickly in a buttered tin and cook in a moderate oven 5 minutes. Place a slice of cooked tomato on each fillet, and garnish with spinach purée passed through a rose forcer on to the top, pour the sauce round them. Serve for luncheon or as an entrée:

SAUCE.

1 shallot.	$\frac{1}{2}$ pint stock.
2 mushrooms.	$\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ oz. glaze.	2 tablespoonful sherry.
Bouquet of herbs.	$\frac{1}{2}$ oz. cornflour.

Salt and pepper.

Chop the shallot and mushrooms and fry them in the butter, add stock, glaze, sherry, and herbs and simmer 20 minutes, then strain and thicken with the cornflour, season and let it boil.

BEEFSTEAK WITH OYSTERS.

About 2 lbs. rump steak.	2 ozs. breadcrumbs.
1 score oysters.	1 oz. butter.
Salt, pepper, and cayenne.	A few drops of lemon juice

Beard the oysters and chop them, add the butter melted and seasonings and enough breadcrumbs to absorb the moisture. Make a slit in the steak from the side with a small knife, then cut through the middle within an inch of the edge all round, fill with the oyster mixture and sew or skewer neatly. Brush with melted butter and grill for 20 minutes. Serve on a very hot dish with potato chips.

N.B.—Mushrooms or tomatoes may be used in a similar way as stuffing.

CREAMS OF BEEF.

Some finely chopped mushrooms.	4 ozs. panada.
10 ozs. lean beef.	2 tablespoonful espagnole sauce.
$2\frac{1}{2}$ eggs.	1 oz. butter.

Salt and pepper.

Butter some small moulds well, sprinkle with chopped mushrooms and finely chopped parsley. Pound the meat with the panada, add the sauce, seasoning, butter melted, and lastly the egg. Pass through a wire sieve, and if not moist enough add a little more sauce, then fill the moulds. Place a layer of paper at the bottom of pan, then put in the moulds, allowing the boiling water to three-parts cover them;

cover with greased paper and allow to poach gently until quite firm, turn out and serve with mushroom sauce.

Veal creams are prepared in a similar way, using white sauce in place of espagnole.

VIENNA STEAKS.

$\frac{1}{2}$ lb. steak.	$\frac{1}{2}$ teaspoonful chopped
$\frac{1}{2}$ lb. veal.	parsley.
Juice $\frac{1}{2}$ lemon.	$\frac{1}{2}$ teaspoonful anchovy
Pepper and salt.	essence.
1 teaspoonful flour.	$\frac{1}{2}$ an egg.
$\frac{1}{2}$ pint of stock.	Egg and breadcrumbs.

Mince the steak and veal very finely, add parsley, anchovy, lemon juice, egg, and seasoning, make into small round cakes, brush over with beaten egg, cover with crumbs and fry in hot fat. Make the stock hot in a stew pan, put in the steaks and let them simmer very gently 10 minutes, then dish up. Mix the flour smoothly with cold water, pour stock on to it, return to pan, boil up and season and pour round the steaks.

BEEF OR VEAL OLIVES.

1 $\frac{1}{2}$ lbs. fillet of veal.	$\frac{3}{4}$ pint stock.
$\frac{1}{2}$ tablespoonful flour.	1 oz. butter.
4 ozs. veal forcemeat.	Salt and pepper.
Some very thin strips of bacon.	A few drops of lemon juice.

Cut the veal into slices about 4 inches long and 2 inches broad. Lay a piece of bacon on each, then a little forcemeat, roll up and fasten with string, sprinkle with flour and fry quickly in butter. Add the stock (warmed) and let them simmer for 1 hour. Mix flour with a little cold water, stir the gravy to it, return to the pan, add salt and pepper, and lemon juice, and allow to boil. Remove the string from the olives, dish up and pour the gravy round.

Prepare beef olives in the same way, omitting the bacon and lemon juice.

BEEFSTEAK AND KIDNEY PIE.

1½ lbs. steak.	1 tablespoonful flour.
½ lb. kidney.	2 teaspoonful salt.
¼ pint stock or water.	1 teaspoonful pepper.

About 1 lb. pastry, short or flaky.

Cut the steak into thin strips about 1½ inches wide, roll up and dip in the flour and seasonings mixed, put a layer at the bottom of a pie dish. Slice the kidney thinly, removing all the fat, season and put a layer over the steak, continue until the dish is full, raising it nicely in the centre. Half fill the dish with stock, wet the edges of dish and cover them with strips of pastry, moisten these and cover with pastry: Cut a hole in the centre and decorate the top of pie with leaves of pastry, brush with egg and put into a quick oven for about 10 minutes, then bake more slowly, about 1½ hours altogether. When the pie is cooked fill up with well seasoned gravy.

STEWED OX TAIL.

1 ox tail.	1 medium sized carrot:
1 good sized onion.	½ a turnip.
1 oz. butter or dripping.	1 pint warm water.
1 small tablespoonful flour.	Salt and pepper.

Wipe the tail, cut into joints, flour it and fry quickly in dripping or butter. Place in a stew pan with the water, sliced onion, and carrot and turnip cut into small dice, put on the lid and let cook gently for about 3 hours. Mix flour with a little cold water, take off the fat from the top of the gravy, stir the flour into it, season and let boil and it is ready:

BOILED OX TONGUE.

Soak the tongue in cold water to extract the salt for several hours. Put into a pan of cold water, and simmer gently 2½ to 4 hours, according to size, until it feels tender when tested with a skewer. Then lift out and plunge into cold water for one minute, then remove the skin and fasten to a board with forks. When cold brush with warm glaze and decorate with butter, arrange a frill over the root of the tongue and garnish with parsley.

PICKLED BEEF.

6 lbs. flat ribs of beef. 2 ozs. brown sugar.
 $\frac{1}{2}$ oz. powdered saltpeter. 3 ozs. salt.

Bone the meat, mix the seasonings and rub well into it, let lie in a pie dish and turn every day, rubbing it well for 10 days. Then wash it, put into cold water and cook gently 3 hours, when cold glaze and decorate it.

SPICED BEEF.

Add to the above pickle :—

$\frac{1}{2}$ teaspoonful ground mace.
 $\frac{1}{2}$ teaspoonful black pepper.
 $\frac{1}{2}$ teaspoonful powdered cloves.
 1 teaspoonful allspice.

Proceed as in preceding recipe. When the beef is ready for cooking place it in a stew jar with half-a-pint of water, cover closely and set in a moderate oven and cook very gently 3 to 4 hours. Press it between two boards till cold, then trim neatly and glaze and decorate it.

STEWED TRIPE.

1 lb. tripe. 1 tablespoonful flour.
 1 oz. butter. 1 pint milk.
 2 large onions. Pepper and salt.

Scald the onions and cut them up. Cut the tripe in squares, simmer both in the milk 1 hour. Then chop the onions, pile in the centre of a dish, thicken the milk with flour, add butter and seasonings, arrange the tripe round the onions and cover with sauce.

HARICOT MUTTON.

2 lbs. middle cut or best $\frac{1}{2}$ a turnip.
 end neck of mutton. 1 medium sized onion.
 1 oz. dripping. $\frac{1}{2}$ tablespoonful flour.
 1 carrot. 1 pint water.

Salt and pepper.

Cut the mutton into chops, trim neatly, taking off most of the fat. Make the dripping hot in a frying pan and fry the meat (dredging it first with flour) very quickly in it. Place in a pan with the water (warm), slice the onion finely and fry in the fat, add it to the meat, with the carrot and turnip cut into neat dice. Simmer the whole for about 2 hours, skim off all the fat. Mix flour with a little cold water, add some of the gravy, bring to boil, dish up the mutton, pour the gravy round, and garnish with carrot and turnip.

LAMB OR MUTTON CUTLETS.

Take 2 lbs. best end of neck mutton, saw off the chine bone, take out all gristle and cut the bones short, trim off most of the fat and divide into cutlets, cut as close to bone as you can, making one with a bone and one without. Those without a bone should have a skewer put in to keep them firm. Dip each in egg and then in breadcrumbs and fry in hot dripping for about 3 minutes. Drain on paper and dish up round a border of potatoes and a centre of peas or other vegetables.

IRISH STEW.

1 lb. neck mutton.
1½ lbs. potatoes.
Salt and pepper.

1 large onion.
¾ pint water or stock.
A little flour.

Cut the meat into chops and trim off most of the fat, dip in flour. Place in a pan with the water warmed, and onion sliced, and simmer gently ¾ hour, season. Peel potatoes and slice thickly on to the top of meat and simmer ¾ hour longer and serve hot.

STEWED LAMB'S SWEETBREADS.

About 1 lb. lamb's sweet-
bread.
1 oz. butter.

Few drops lemon juice.
¾ pint white stock.
Salt and pepper.

1 tablespoonful flour.

Let the sweetbreads lie in warm water for about an hour. Wipe them and sprinkle well with flour. Heat the butter and fry the sweetbreads quickly in it till browned. Put them in a pan with the hot stock, simmer gently half-an-hour. Mix the flour with cold water, pour a little gravy over it, let boil, season and add lemon juice. Serve on a very hot dish with sliced lemon.

KIDNEYS AND MUSHROOMS.

4 sheep's kidneys.	1 oz. butter.
$\frac{1}{4}$ lb. mushrooms.	$\frac{1}{2}$ tablespoonful flour.
$\frac{1}{2}$ small onion.	$\frac{1}{4}$ pint brown stock:

Split open the kidneys and remove the fat, fry quickly in the butter, place in a stew pan. Sprinkle the flour into the butter, add stock and stir until boiling, then pour over the kidneys, add onion (sliced), and mushrooms (peeled), and simmer half-an-hour; then dish up kidneys and mushrooms, straining the sauce over them.

KIDNEYS IN TOMATO AND BROWN SAUCE.

4 sheep's kidneys.	$\frac{1}{4}$ pint brown stock.
$\frac{1}{4}$ pint tomato sauce.	1 oz. butter.
1 onion.	$\frac{1}{2}$ oz. flour.

Salt and pepper.

Skin kidneys and split in half, remove all fat. Make the butter hot, flour the kidneys and fry with the onion sliced. Place in a pan, sprinkle flour into the frying pan, add stock and stir well, then add tomato sauce and season, when hot strain over the kidneys. Simmer very gently 20 minutes, dish up and garnish with small cooked tomatoes and fried croûtons.

STUFFED BREAST OF MUTTON OR LAMB.

A lean breast of mutton	1 onion.
or lamb.	$\frac{3}{4}$ pint stock or water.
4 ozs. veal forcemeat.	Salt and pepper.}
	1 tablespoonful flour:

Bone the meat and lay the forcemeat over it. Roll up neatly and tie or skewer, then fry quickly in a little dripping, slice and fry the onion, put them into a pan with the bones and hot stock and simmer gently $1\frac{1}{2}$ hours. Then thicken the gravy with the flour, season well and let boil, dish up the meat and strain the gravy over it.

CURRIED LAMB.

Proceed as for Madras curry:

LAMB'S FRY.

1 lb. lamb's fry: $\frac{3}{4}$ pint stock.
 $1\frac{1}{2}$ ozs. dripping or butter. 1 tablespoonful flour.

Slice the liver and sprinkle well with flour. Heat the butter and fry all quickly in it, and put into a stew pan. Pour the stock into the frying pan and when hot pour over the fry, simmer gently half-an-hour. Mix the flour with cold water and thicken the gravy, and let it boil. Dish up the fry and garnish with mashed potatoes.

HARICOT OF LAMB.

Prepare like Haricot of Mutton, adding half-a-pint green peas to the other vegetables.

STUFFED SHOULDER OF MUTTON.

1 shoulder of mutton. $\frac{1}{2}$ lb. veal forcemeat.

Bone the mutton and fill the cavity with the forcemeat. Skewer or sew up neatly, then roast it and serve with slightly thickened gravy.

N.B.—Onion stuffing may be used if preferred.

STUFFED LEG OF MUTTON.

Leg of mutton. Veal forcemeat.
 1 score oysters.

Bone the mutton and fill with the forcemeat, to which the oysters, chopped and seasoned, have been added. Roast it and serve with brown oyster sauce.

N.B.—Make the oyster sauce with brown stock instead of milk.

BRAISED LEG OF MUTTON.

Leg of mutton.	$\frac{1}{2}$ lb. tomatoes.
1 lb. mushrooms.	1 large carrot and turnip.
$\frac{1}{2}$ lb. veal forcemeat.	1 onion.
1 pint strong stock.	Bouquet of herbs.

Peel and chop the mushrooms, add them to the forcemeat, bone the mutton, fill with the stuffing and bind with tape. Slice the vegetables into the bottom of a stew pan, lay the meat on top and pour in the stock, cover closely and cook 3 hours in a rather quick oven. Dish up the mutton, boil the stock till thick like glaze and pour over it.

FRICANDEAU OF VEAL.

A nice fillet of veal.	A piece of celery.
1 quart stock.	1 oz. butter.
$\frac{1}{2}$ turnip.	1 onion.
A bouquet of herbs.	Bacon to lard.
Salt and pepper.	1 carrot.

Trim the fillet neatly and lard it well with bacon, fry slightly in the butter (the unlarded side down) with the sliced vegetables. Add the herbs and stock, cover with a greased paper and put on the lid of the pan, bring to a boil, simmer gently in the oven if possible until the veal is tender, about $1\frac{1}{2}$ to 2 hours. Remove the fillet into a dripping tin, strain a little stock on to it, and put in the oven again to crisp the bacon, baste and allow to brown, strain the remainder of gravy, take off all the fat and reduce to half glaze by boiling, or thicken with arrowroot, season. Dish up the fricandeau on a croûte of bread; garnish with carrot and turnip (boiled) and strain the gravy round.

BRAISED VEAL.

3 lbs. breast veal.	1 turnip.
1 pint stock.	1 onion.
1 carrot.	1 piece celery.
6 ozs. forcemeat.	Bouquet of herbs.

Bone the veal, lay the forcemeat on one end and roll up neatly and fasten with string, place in a stew pan and half cover with stock. Cut the vegetables into slices, put about half into pan with meat and herbs, cover with greased paper and pan lid, and simmer gently for about 2 hours. Dish up meat, reduce gravy by quick boiling to $\frac{1}{4}$ pint, skim off all fat, season and strain over the meat, garnish with vegetables in little heaps round the dish:

Cut the other half of vegetables into fancy shapes, throw them into boiling water with salt and cook until tender; drain off the water, add 2 tablespoonful stock from the meat and toss them over the fire till they have absorbed it.

GRENADINS OF VEAL.

Take a nice piece of fillet of veal about half-an-inch thick, cut it into rounds about 2 inches across, lard them neatly with thin strips of fat bacon. Place them in a well buttered stew pan, pour on about $\frac{1}{4}$ pint good stock and cover with greased paper, put in the oven and stew gently about 1 hour, then remove lid of pan and paper, and crisp the lardoons brown. Take out and brush with warm glaze, dish them up on rounds of fried bread, on to which a layer of vegetable purée has been placed, and pour the gravy round.

BOILED KNUCKLE OF VEAL WITH PARSLEY SAUCE.

Take a knuckle of veal, chop the bone twice across, put it in a pan with about 2 quarts of water, add a little salt, bring to a boil, skim and allow to simmer very gently for $2\frac{1}{2}$ hours, then dish up on a hot dish, pouring a little of the liquor round. Serve with curled bacon and parsley sauce.

FRICASSEE OF VEAL (WHITE).

1 lb. to $1\frac{1}{2}$ lbs. of fillet of veal.	$1\frac{1}{2}$ ozs. butter.
$\frac{2}{3}$ pint white stock.	$1\frac{1}{2}$ ozs. flour.
Bouquet of herbs.	$\frac{1}{4}$ pint cream.
10 peppercorns.	$\frac{1}{2}$ blade mace.
Piece of lemon rind.	A few pieces of fried bread.
	Some curled bacon.

Cut the veal into pieces about two inches square. Heat the stock in a pan, add flavouring and veal, and simmer gently for one hour; strain off stock. Melt butter in a pan, add flour, then gradually stock; stir until it boils, season, add a little lemon juice and the cream. Add veal and salt and re-heat; dish up and decorate with fried bacon, lemon, and fried bread dipped in white of egg, and then in hard-boiled yolk passed through a sieve.

About one dozen button mushrooms cooked for ten minutes with the veal are an improvement.

Chicken or rabbit may be cooked in the same way.

A brown fricassée is made by using brown stock and omitting the cream, and frying the meat quickly in hot butter before stewing it.

QUENELLES OF VEAL.

$\frac{1}{2}$ lb. of veal after mincing.	$1\frac{1}{2}$ ozs. butter.
3 ozs. breadcrumbs.	Salt, pepper and cayenne
1 egg and 1 yolk.	ground mace.
$\frac{1}{4}$ rind of lemon grated.	

Soak the crumbs in a little milk for a few minutes, then squeeze as dry as possible; melt the butter in a pan, add crumbs and stir till they form a paste. Remove from stove and add veal, seasoning, and eggs, and rub through a wire sieve. Make into the shape of small eggs with two dessertspoons dipped in boiling water, place in a well-greased stew pan and pour boiling water gently into the pan until they are covered; simmer very slowly twenty minutes. Mask them with good white sauce and arrange on a potato border with a purée of vegetables in the centre.

MADRAS CURRY.

$1\frac{1}{2}$ lbs. fillet of veal.	2 ozs. butter
1 onion.	$\frac{1}{2}$ dessertspoonful curry
$\frac{1}{2}$ tablespoonful fine	paste.
ground rice.	$\frac{1}{2}$ tablespoonful curry
3 tablespoonful grated	powder.
cocoanut.	$\frac{1}{2}$ pint stock, salt.

Soak the cocoanut in the stock for about a quarter of an hour. Cut the meat into small pieces about one inch square, fry a nice brown in half the butter, dredging it first with flour slice the onion and fry in the remainder of the butter, place them both in a pan and cover with the strained stock. Mix the powder, paste, and rice together with a little cold water, stir into stock, and simmer for $1\frac{1}{2}$ hours; season with salt, and a squeeze of lemon juice, dish up on a hot dish and serve with boiled rice.

N.B.—Rabbit or Chicken Curries are prepared in the same way.

SWEETBREADS A LA CREME.

2 calf's sweetbreads.	A sprig of parsley.
3 inches lemon rind.	$\frac{3}{4}$ pint milk and stock
1 small onion.	(mixed).
$\frac{1}{4}$ blade of mace.	8 peppercorns.
Salt and pepper.	Few drops lemon juice.

Put the sweetbreads in cold water, bring to a boil and boil for three minutes; then trim all the fat away. Put in a pan, add milk, stock, flavourings, simmer gently for three-quarters of an hour. Mix in a pan 1 oz. butter, and 1 oz. flour, pour on gradually the stock and milk, add 3 tablespoonful cream and allow to boil well, then add the sweetbreads and a squeeze of lemon juice. Dish up and decorate with truffles and parsley.

VEAL AND HAM PIE.

1 lb. veal.	2 hard boiled eggs.
$\frac{1}{4}$ lb. ham.	1 teaspoonful salt.
$\frac{1}{4}$ pint stock.	$\frac{1}{2}$ teaspoonful pepper.

Cut the veal in pieces about 1 inch square and the ham much smaller, arrange in layers in a dish and sprinkle with seasonings. Cut the eggs in pieces and lay on the top, pour in the stock and finish like beef steak pie (*see recipe*)

DUTCH SWEETBREADS.

About $\frac{3}{4}$ lb fillet of veal	2 ozs. breadcrumbs
1 oz. refined suet or fat	3 tablespoonful milk
ham	A little grated lemon rind
1 egg and 1 yolk	Salt, pepper, and cayenne
1 oz butter	$\frac{1}{2}$ tablespoonful flour
$\frac{3}{4}$ pint stock	A few drops of lemon
Browning if necessary	juice

Pass the meat and suet through a mincing machine twice. Soak the crumbs in milk and squeeze as dry as possible

Melt the butter in a pan, add the crumbs, and let them cook till they form a paste, then remove from the stove. Add meat, beaten egg, seasonings, and flavouring, make up into shape of small sweetbreads, dip in egg, and then in breadcrumbs, and fry in hot fat quickly. Place in a pan, half cover with stock and simmer for about 20 minutes. Dish up the sweetbreads, mix the flour with cold water, pour on the hot stock, let it boil, add seasoning and a little lemon juice, pour over the sweetbreads and garnish with curled bacon

NB—Cold cooked veal may be used in place of raw veal.

VEAL CAKE.

$1\frac{1}{2}$ lbs. fillet of veal.	$\frac{1}{2}$ lb. ham.
The yolks of 2 hard boiled eggs.	Salt and pepper.
Enough stock to half fill the mould.	

Cut the ham and veal into small pieces, removing the skin from the veal. Fill up the mould with layers of veal, ham, and eggs, then fill up with stock made from bones of veal, cover with greased paper and steam $2\frac{1}{2}$ hours. Turn out when cold and decorate with parsley.

VEAL AND TOMATO MOULD.

$1\frac{1}{2}$ lbs. breast of veal.	$\frac{3}{4}$ pint stock or water.
$\frac{1}{4}$ lb. ham.	1 hard boiled egg.
2 or 3 firm small tomatoes.	Salt and pepper.
A little ground mace.	A few sprigs of parsley.

Trim off most of the fat from the veal and ham, place in a stew pan or jar with stock, season a little and simmer till quite tender, then lift out and when a little cool cut it into pieces about $\frac{1}{2}$ inch square, removing all skin, bone, and gristle. Cut the ham up finely, strain the stock, season it well and remove all fat. Cut the egg into even pieces, scald the tomatoes, remove the skin, cut up into pieces. Arrange the egg, tomato, and parsley in the bottom of a mould, then a layer of veal and ham, repeat the layers till all are used, then pour the stock over and put aside till firm, then turn out and serve as a cold luncheon dish.

ROULETTES OF SWEETBREADS.

6 ozs. cooked sweetbreads.	1 oz. butter.
2 ozs. cooked ham or tongue.	1 oz. flour.
6 large cooked mushrooms.	$\frac{1}{4}$ pint white stock.
$\frac{1}{2}$ lb. puff pastry.	1 tablespoonful cream.
A little mashed potato.	Salt, pepper, and ground mace.

Roll out the pastry thinly and cut in strips about 3 inches wide, fold once round small roll tins, fasten the join with beaten egg, place the joined side down on a baking tin and bake in a quick oven 7 minutes. Chop the sweetbread, ham, and mushrooms finely. Melt the butter in a pan, add the flour, then stir in the stock gradually and cook 2 or 3 minutes. Add the cream, seasonings, and meat and make quite hot. Remove the cases from the tins and fill them with the mixture, garnish the ends with potato passed through a rose forcer. Serve as an entrée.

SWEDISH PATTIES.

$\frac{1}{2}$ lb. puff pastry.	Few drops lemon juice.
2 tablespoonful chopped cooked sweetbread.	Salt, pepper, and cayenne.
2 tablespoonful chopped cooked ham.	2 tablespoonful grated Parmesan cheese.
	2 tablespoonful good white sauce.
2 tablespoonful chopped shrimps, prawns, or crayfish.	

Roll out the pastry thinly and line 1 dozen small patty tins, line with pieces of greased paper and fill with uncooked rice, bake in a quick oven, then remove the paper and rice. Mix the remainder of things together and make them hot by setting in a pan of boiling water, fill the pastry cases, sprinkle with cheese and return to a quick oven for 5 minutes. Serve hot as an entrée.

RAISED PIE.

$\frac{3}{4}$ lb. flour.	$\frac{1}{2}$ teaspoonful salt.
1 oz. butter or lard.	$\frac{1}{4}$ pint milk and water
3 ozs. refined suet.	mixed (rather more.)

Rub the butter into the flour, add the salt, melt the suet in a pan, add the milk and water and when quite boiling stir into the flour gradually, then knead to a smooth light paste, cut off about one quarter of it and set to keep warm. Make the remainder into a ball, then gradually work out the centre getting the sides as high as possible until the paste is quite thin, then fill with the pie meat, and wet the inside upper edge of the case. Roll out the remainder of the paste and cover the pie, press the edges together and trim them neatly, then pinch them all round. Make a hole in the centre, decorate the top of the pie with leaves or other shapes of pastry, brush all over with beaten egg and let it stand in a cool place till quite firm. Bake in a quick oven at first, then more slowly about $1\frac{1}{2}$ hours in all. Before quite cold fill up with well seasoned gravy.

N.B.—Lard alone may be used for the crust instead of suet, the same quantity and the same method should be followed.

QUANTITY OF MEAT.

$1\frac{1}{2}$ lbs. pork (free from	$\frac{1}{2}$ oz. salt.
skin and bone.)	$\frac{1}{4}$ oz. pepper.
1 tablespoonful water.	

Cut the meat up finely and mix well with seasoning and water.

$\frac{1}{2}$ teaspoonful finely powdered sage may also be added if the flavouring is liked.

RAISED VEAL AND HAM PIE.

1 lb. 2 ozs. veal. 1 teaspoonful salt.
 6 ozs. ham. ½ teaspoonful pepper.
 1 teaspoonful cold water.

RAISED STEAK AND OYSTER PIE.

1 lb. steak. 1 teaspoonful salt.
 1 score oysters. ½ teaspoonful pepper.

Cut the steak into thin slices 1 inch wide and 2 inches long, roll up neatly and dip in seasonings. Put a layer at the bottom of prepared case, then a layer of bearded oysters, and repeat until the pie is filled.

RISSOLES IN PASTRY.

Cold meat cutlet mixture. 4 ozs. short pastry.

Roll out the pastry very thinly, cut into strips 4 inches wide, place a teaspoonful of mixture about 3 inches apart, moisten the pastry all round, then fold the edges together and press well, cut out with half a round cutter, brush over with beaten egg, cover with breadcrumbs and fry in hot fat.

RISSOLES OF COLD MEAT.

½ lb. finely chopped cooked ½ a boiled onion.
 beef or mutton. 1 teaspoonful chopped
 2 ozs. breadcrumbs. parsley.
 A little gravy. 1 egg.
 Salt and pepper. Egg and breadcrumbs.

Pour a little stock on to the crumbs, chop the onion and meat, mix them with crumbs, season and add egg, make up into balls or rolls, egg and breadcrumb them and fry in hot fat.

CASSEROLE OF COLD MEAT.

1½ lbs. boiled potatoes. 1 egg.
 ½ lb. minced mutton. ¼ pint stock.
 1½ ozs. butter. ½ oz. flour.
 1 teaspoonful mushroom 1 tablespoonful brown
 ketchup. breadcrumbs.

Salt and pepper.

Pass the potatoes through a sieve, add $\frac{1}{2}$ oz. butter (melted), salt, and yolk of an egg and mix well. Butter the inside of a deep cake tin, put in the crumbs and cover the sides with potatoes, pressing them well in, brush over the inside and edge of potato lining with a little egg and bake until a nice brown. Turn out, then carefully turn over on to a dish so that the opening is towards the top. Melt the remainder of butter in a pan, add flour and brown well, then add stock, seasonings, &c., and boil, add meat and let it get hot through and pour into the casserole, garnish with parsley. Serve with gravy.

TIMBALES OF COLD MEAT.

$\frac{1}{2}$ lb. cold meat.	$\frac{1}{4}$ pint stock.
2 ozs. breadcrumbs:	$\frac{1}{4}$ teaspoonful chopped
$\frac{1}{4}$ lb. mushrooms.	parsley.
2 eggs.	Salt and pepper.
A little mashed potato.	

Chop the meat and mushrooms finely. Soak the crumbs in the gravy. Mix all together, add parsley and seasoning and eggs well beaten. Turn into small well greased darioles and steam 20 minutes. Turn out on to a hot dish, garnish with the potato passed through a rose forcing tube and pour tomato sauce of thick brown gravy round.

SHEPHERD'S PIE.

$\frac{1}{2}$ lb. cold meat.	1 $\frac{1}{2}$ lbs. cooked potatoes.
1 onion.	$\frac{1}{2}$ teacupful of stock or gravy
$\frac{1}{2}$ oz. dripping.	Salt and pepper.
A little flour	

Chop meat, slice the onion, melt the dripping in the bottom of pie dish and fry the onion in it until brown, sprinkle with flour and add meat and gravy. Season, pile the mashed potatoes on top, mark with a fork, place a few pieces of butter on the top and bake until nicely browned:

SATURDAY'S PUDDING.

6 ozs. cold meat.	$\frac{1}{2}$ small onion (half boiled).
6 ozs. cooked potatoes.	Salt and pepper.
$\frac{1}{2}$ teaspoonful chopped parsley.	3 or 4 tablespoonful gravy.
	1 egg:
$\frac{1}{4}$ teaspoonful thyme.	

Mince the meat, mash the potatoes, chop the onion and mix all together, with egg well beaten, turn into a well greased basin, cover with greased paper and steam 40 minutes. Turn out, cover with brown gravy and sprinkle with browned crumbs, garnish with boiled carrot and parsley

CHARTREUSE OF BEEF.

$\frac{1}{2}$ lb cold beef	2 eggs
1 oz butter	$\frac{1}{2}$ tablespoonful anchovy
1 oz flour	essence
$\frac{1}{4}$ pint stock	Salt and pepper
A cooked carrot and turnip	

Butter a Charlotte mould thickly and decorate it with the carrot and turnip cut in fancy shapes. Melt butter in a pan, add the flour, then the stock gradually, stir until it boils, add meat and seasoning, and when cool the eggs well beaten, turn into the mould and steam $\frac{3}{4}$ to 1 hour, then serve with gravy poured round and garnish with parsley.

COLD MEAT CUTLETS.

$\frac{1}{4}$ lb. cold meat.	1 oz. flour.
$\frac{1}{4}$ onion (half boiled).	1 oz. butter
$\frac{1}{4}$ pint stock or gravy.	Salt and pepper.
1 egg.	Breadcrumbs.

Chop meat and onion finely. Melt butter in a pan, add flour and mix well, then add gradually the stock, stir until it boils, cook well, add the meat and allow to cool. Make up into cutlet shape, dip in egg and then in breadcrumbs and fry in hot fat. Place a piece of macaroni in the end of each, dish up round a centre of potatoes, and serve with gravy.

COLD MEAT PATTIES.

4 ozs. cold meat.	$\frac{1}{2}$ a very small onion
$\frac{1}{2}$ oz. breadcrumbs.	(half boiled).
Salt and pepper.	1 tablespoonful gravy.

Soak the breadcrumbs in the gravy for a few minutes, chop the meat and onion finely, mix together and add seasoning. Line some patty tins with flaky pastry, wet the edges, place a spoonful of meat in each, cover with rounds of pastry, press the edges together, cut a hole in the top and bake in a quick oven about 15 to 20 minutes.

SAUSAGE AND TOMATO PIE.

1 lb. sausage	$\frac{1}{4}$ pint stock.
2 medium sized tomatoes.	1 lb. cooked potatoes.
2 medium sized onions.	Salt and pepper.

Throw the sausage into boiling water, boil gently 5 minutes, then remove the skins and cut in half. Slice and fry the onions till well browned. Lay half the sausage in a pie dish, cover with the onions, and the tomatoes cut in thick slices, then put in remainder of sausage, and the stock well seasoned. Mash the potatoes with a little milk and salt, pile on the top of the dish and bake in a moderate oven half-an-hour. Then make a hole in the centre and fill up with seasoned gravy.

SAUSAGE CROQUETTES.

1 lb. sausage meat.	1 beaten egg.
$\frac{1}{2}$ lb. cooked potatoes.	Breadcrumbs.
A pinch of dried thyme.	Salt and pepper.

Mash the potatoes and season well, add the thyme and sausage. Make into little rolls on a floured board, brush with beaten egg, then dip in breadcrumbs and fry in smoking hot dripping till well browned. Serve on a d'oyley, garnish with parsley and send tomato sauce or thick brown gravy to table with them.

SAUSAGE ROLLS. $\frac{1}{2}$ lb. sausage meat. $\frac{3}{4}$ lb. flaky pastry.

Roll out the pastry thinly and cut in 12 squares about 4 inches wide. Lay a little of the sausage in shape of a roll in centre of each, moisten round with water and fold the edges together, brush with egg and bake in a quick oven 15 minutes.

SAUSAGE EGGS. $\frac{1}{2}$ lb. sausage meat.

Beaten egg.

3 hard boiled eggs.

Breadcrumbs.

Shell the eggs and coat them with the sausage, egg and crumb them and fry in smoking hot dripping till well browned, cut in half and garnish with cress and serve with tomato sauce.

POTTED MEAT.

2 lbs. lean beef.

2 cloves.

3 ozs. butter.

 $\frac{1}{2}$ pint cold water.

Salt and pepper.

A little anchovy sauce.

Cut the beef into pieces about 2 inches square, place in a stew jar with water and cloves, cover closely and allow to simmer gently for $2\frac{1}{2}$ hours; when cool pass the meat through a mincing machine two or three times, season with salt and pepper and a little essence of anchovy, and mix well with the butter melted, add a little gravy and press into pots, cover with butter and let it set.

ANOTHER METHOD:

Cut the beef into pieces, put it dry into a jar, with $\frac{1}{2}$ blade mace and 10 peppercorns to every lb., cover closely, and set the jar in a pan of boiling water and keep it boiling until the meat is tender. Pass through a mincing machine and season well, adding the gravy from the meat and sufficient melted butter to make nicely moist, finish as before.

VEAL and HAM may be potted in a similar way, allowing $\frac{1}{4}$ lb. ham to every lb. of veal.

The Choice of Poultry and Game.

When a fowl is young the end of the breast bone is pliable and the feet are supple and spurs short.

White legged fowls are best for boiling, and dark ones for roasting.

A TURKEY for roasting should have smooth black legs and is improved by hanging a few days before cooking.

GEESE and DUCKS should have pliable feet and pinions, and the brown part of the beak will break easily if young.

PIGEONS should have supple feet and breasts. Wood-pigeons are improved by hanging a few days.

HARES AND RABBITS.—If young the ears will tear easily and the feet snap when bent. A hare is improved by letting it hang a few days.

PHEASANTS should hang two or three weeks if the weather is cold.

PARTRIDGES AND GROUSE have yellowish legs and dark coloured beaks if young.

The Cooking of Poultry and Game.

ROAST FOWL.

Draw and singe the fowl and cut off the feet, pulling the sinews from the legs. Scald the lower part of the legs and scrape off the scales. Cut off the neck close to the body, leaving a long neck skin. Fold the wings on to the back and push the legs down. Pass a threaded trussing needle through the end of the wing joint, between the thigh bone and drumsticks and out in the reverse way the other side, tie the ends of string together at the back. Then pass the needle through the bird near the tail, and tie the drumsticks tightly together. Cover the breast of the bird with fat bacon or buttered paper and cook about 1 hour, more or less according to size. Remove the bacon or paper about $\frac{1}{4}$ hour before it is done so that the breast will brown.

If the oven is not a good one for browning, about 10 minutes before the fowl is cooked dredge the breast with flour and place small pieces of butter on it, then return it to the oven and it will brown quickly.

Serve the fowl with gravy made from the neck, gizzard and liver stewed in stock and slightly thickened with arrow-root, or cornflour, and send bread sauce to table with it.

BOILED FOWL.

Draw, singe, and wash the fowl, cut off the legs at the first joint, and the neck close to the body, leaving the neck skin. Loosen the skin all round the legs and push them inside. Twist the pinions on to the back, then pass a trussing needle through in the same way as for a roast fowl, tie the ends. Then draw the skin well down over the end of the legs, and turn in the tail piece, pass the needle through and tie firmly. Rub the bird with a cut lemon, wrap in a buttered paper or cloth, put into a pan of boiling water, breast downwards, and simmer 1 to 1½ hours. Cover with white sauce and garnish with lemon, yolk of egg and parsley, and rolls of fried bacon.

N.B.—The chicken may be steamed instead of boiled if preferred.

ROAST DUCK OR GOOSE.

Duck.

Onion stuffing.

Draw the bird, cut off the neck close to the body, cut off the legs to the first joint and take off two bones of each pinion. Wipe with a clean dish cloth and put the stuffing into the body of the duck. Push the legs well back, pass a skewer through the end of wing, between the thigh bone and drumstick and out in the same way at the other side, fasten with string and tie the two drumsticks together. Heat a little dripping in a tin, put in the duck and set in a hot oven for the first 15 minutes, then allow to cook more gently for the rest of the time, about 1 hour for an averaged sized duck. Serve with gravy made from giblets, and apple sauce, garnish with watercress.

A goose is trussed and roasted in the same way. Allow 15 minutes to the pound for roasting.

ROAST TURKEY.

Truss the turkey like a fowl for roasting, fill the neck skin in front of the breast with veal forcemeat, taking care to make it a good shape. Cover the breast with buttered paper or slitted bacon, roast it from $1\frac{1}{2}$ to $2\frac{1}{2}$ hours according to weight, allow $\frac{1}{4}$ hour to each pound weighed after drawing it. Baste frequently and serve with gravy and bread sauce, and send boiled ham or tongue to table with it. Garnish with fried sausages.

N.B.—A turkey may also be stuffed with sausage meat, mushrooms, or chestnut forcemeat.

BOILED TURKEY.

Truss and cook like boiled fowl. It may be stuffed with sausage meat if liked. Serve and garnish in the same manner.

ROAST GUINEA FOWL.

Cook like roast fowl and serve with the same accompaniments.

ROAST PHEASANT.

Truss like a fowl, roast $\frac{3}{4}$ to 1 hour, baste frequently, put 5 or 6 tail feathers into their place when sending to table. Serve with gravy, bread sauce and browned crumbs.

ROAST PARTRIDGE, PIGEONS, OR GROUSE.

Roast 15 to 25 minutes. Serve with the same accompaniments as pheasant.

BONED FOWL.

1 fowl.

1 lb. sausage meat.

$\frac{1}{2}$ a tongue.

Singe an undrawn fowl, cut off the neck close to the body, leaving a long neck skin, cut off the feet, then remove the merry thought, sever the wing joints, and cut the flesh quite off round the trunk, until the legs are reached, take out the thigh bone and break the drumsticks in half, leaving the

ends of them in. Stuff the bird with sausage and tongue, sew it up and skewer as for roasting. Make about 3 ozs. dripping hot in a tin, bake the bird, basting frequently for about $1\frac{1}{2}$ hours. Dish up, pour away all the dripping from the tin, have ready half-a-pint of good stock (made from the bones of fowl), pour it into the tin, mix well, then mix 1 teaspoonful arrowroot with cold water, pour the stock on to it, stir it until it boils, add salt, skim and pour a little of the gravy round the fowl:

GALANTINE OF CHICKEN.

1 chicken.	1 lb. veal.
4 or 5 truffles.	$\frac{1}{2}$ lb. ham.
3 yolks of hard boiled eggs.	Some strips of tongue.
Salt and pepper.	A few pistachio nuts.

Bone the bird entirely, cutting it open down the centre of the back. Pass the veal and ham twice through a mincing machine and season well, wet a board and spread the bird on it, lay the veal and ham over, with the truffles, yolks, and pistachios in centre, and strips of tongue at each side, make into a roll and fasten in a buttered cloth and boil gently in well flavoured stock about $1\frac{1}{2}$ hours, then roll in a clean cloth and press a little till cold. Then cover with white chaudfroid sauce, and garnish with truffles or beetroot and lettuce.

If preferred the galantine may be glazed instead of covered with white sauce, and garnished with aspic.

GALANTINE OF TURKEY.

Proceed as in preceding recipe, using double quantities of ingredients.

KROMESKIES OF CHICKEN OR GAME.

2 ozs. cold chicken or game.	$\frac{1}{2}$ oz. lean ham (cooked).
$\frac{1}{2}$ oz. butter.	$\frac{3}{4}$ oz. flour.
$\frac{1}{2}$ tablespoonful cream.	$\frac{1}{2}$ a $\frac{1}{4}$ pint white stock.
Some thin slices of fat bacon.	$\frac{1}{4}$ pint frying batter.
	Salt, pepper, cayenne.

Chop the chicken and ham finely. Melt the butter in a pan, add flour, stir well together, add stock gradually and stir until it boils (cook well). Add the cream, chicken, ham, and seasoning and let it cool. Put a teaspoonful on each strip of bacon, roll the bacon once round, dip in frying batter and drop into hot fat, drain and dish up, garnish with parsley.

The remains of cold game may be used in a similar way.

CASSOLETTES OF CHICKEN.

1½ lbs. potato pastry.	Salt and pepper.
Egg and breadcrumbs.	3 ozs. cooked chicken.
1 oz. butter.	1 oz. flour.
¼ pint white stock.	2 mushrooms or 1 oz. ham.
¼ pint milk and cream (mixed).	

Make the potato pastry into small round cakes, dip in egg and then in breadcrumbs (twice), mark with a small round cutter in the centre of each and fry quickly in hot fat. Remove the marked ring and scoop out the potatoes from the centre and fill with the chicken mixture, replace the lid and garnish with parsley.

MIXTURE.—Cut the chicken into small dice. Melt the butter in a pan, add flour, then gradually the stock, stir until it boils, add mushrooms cut into pieces and the milk and cream, season, then add chicken and allow to get hot again.

BOUCHEES OF CHICKEN OR GAME.

¼ lb. cooked chicken.	¼ pint stock from chicken bones.
1 oz. ham or tongue.	
1 oz. butter.	Whites of 3 eggs.
1 oz. flour.	Salt, pepper, and cayenne.
¼ pint milk and cream (mixed).	Lemon juice and rind.
	½ lb. short pastry.

Line small deep patty tins with pastry, prick the bottoms and line each with a piece of greased paper, fill with uncooked rice and bake in a moderate oven till crisp, then remove papers and rice.

Chop chicken and ham finely, melt butter in a pan and add the flour, then stock and cream gradually, stir till boiling, season, add grated lemon rind and strained juice, and the chopped meat, simmer 5 minutes, then fill the cases. Whisk the whites of eggs very stiff, put into a forcing bag with a rose forcer at the end, and decorate the top of cases with it, sprinkle with chopped parsley and return to moderate oven to set.

Game may be used in place of chicken and ham, and half-a-pint of game stock should be used for sauce and the cream omitted.

GAME OR CHICKEN PATTIES.

1 doz. small patty cases (*see recipe*).

Mixture as in preceding recipe.

Fill the cases with the mixture, serve either hot or cold.

CHICKEN A LA MARENGO.

1 chicken.

3 tablespoonful of salad
oil.

$\frac{1}{2}$ pint brown stock.

1 small onion.

1 oz. flour;

1 large tomato.

1 doz. button mushrooms.

Bouquet of herbs.

1 oz. butter.

Salt and pepper.

Cut the fowl into joints and remove the skin, fry quickly in the oil. Put in a stew pan with the tomato and onion sliced, add the stock and herbs and simmer gently for about one hour, then strain. Melt butter in a pan, add flour, then gradually the strained stock, cook well. Put in mushrooms and the chicken joints and cook for about 10 minutes. Season with salt and pepper and dish up on a piece of fried bread, and garnish with some croûtes of bread.

FRICASSEE OF CHICKEN (BROWN).

1 chicken.

1 pint brown stock.

3 ozs. butter.

1 $\frac{1}{2}$ ozs. flour.

4 inches lemon rind;

Curled bacon.

1 small piece carrot.

1 small onion.

Bouquet of herbs.

$\frac{1}{2}$ blade mace.

10 peppercorns.

Fried bread croûtes.

Cut the chicken into neat joints and trim off all the ends of bones, fry quickly in half the butter, slice and fry the onion. Heat the stock and add the chicken, vegetables, and flavourings, simmer gently $1\frac{1}{2}$ to 2 hours. Melt the rest of butter in a pan, add the flour and brown them together, then add the stock from the chicken gradually until the sauce is the consistency of thick cream, then add the chicken, season and add a few drops of lemon juice. Dish up and cover with the sauce, garnish with rolls of curled bacon and the croûtes.

The remains of a roast chicken may be reheated in this manner, the meat should not be fried and will only require simmering half-an-hour.

WHITE FRICASSEE OF CHICKEN.

(See *Fricassée of Veal*.)

FRICASSEE OF RABBIT.

Proceed in the same way as for *Fricassée of Chicken*.

BOILED RABBIT.

Skin, draw, and wash the rabbit; turn the head to the side, draw the back legs forward and front legs backward, pass a skewer through the head and legs together, tie with string and put into boiling water. Simmer gently for 1 hour and cover with onion sauce.

BLANQUETTE OF RABBIT.

1 young rabbit.	$\frac{3}{4}$ pint white stock.
1 onion.	$\frac{1}{2}$ blade mace.
Bouquet of herbs.	4 ins. lemon rind.
1 oz. butter.	$1\frac{1}{2}$ ozs. flour.
$\frac{1}{4}$ pint milk and cream.	Salt and pepper.
Croûtes of fried bread.	Rolls of curled bacon.

Cut the rabbit into joints, the hind legs in two, the fore legs whole and the back in 6 or 7 pieces, place the joints in

a pan with the hot stock, flavourings, onions, &c., bring to a boil and let it simmer from 1 to 1½ hours, strain the stock. Melt the butter in a pan, add flour, then the strained stock and stir until it boils; add milk, cream and seasoning, cook it well, put in the joints of the rabbit, make quite hot, dish up, and garnish with fried bread and curled bacon and lemon.

RABBIT PIE.

1 rabbit.	1 good teaspoonful salt.
Some veal forcemeat.	½ teaspoonful pepper.
2 hard boiled eggs.	½ pint stock.
¼ lb. ham.	

Wipe the rabbit and cut it into small joints. Use butter instead of suet in making the forcemeat and shape it into tiny balls. Season the rabbit and arrange in a dish with the forcemeat, and the ham cut in small squares, cut the eggs in small pieces and pile on the top, pour in the stock, cover with flaky or short pastry and bake 1½ to 2 hours.

JUGGED RABBIT OR HARE.

1 rabbit.	1 pint stock.
2 ozs. butter.	1 good sized onion.
2 cloves.	20 peppercorns.
Bouquet of herbs.	Salt and pepper.
1 oz. flour.	

Wipe the rabbit and cut into joints, flour, and fry quickly in the butter made hot in a frying pan. Put into a stew jar, slice and fry onions, then pour the stock into frying pan, and when boiling pour over the meat, add herbs and seasonings tied in muslin, cover very closely, and set in a tin of water and cook 1½ hours, then mix flour smoothly with a little cold water, pour a little gravy on to it, return to jar and allow to boil. Add salt, pepper, and if liked a wineglassful of port wine, serve with forcemeat balls and red currant jelly.

N.B.—Hare may be jugged in the same way, but double quantities will be required and 2 or 3 hours longer to stew.

ROAST RABBIT OR HARE.

1 rabbit.

Veal forcemeat.

Wipe the rabbit with a clean dishcloth, stuff with the forcemeat, and sew or skewer it, then fasten the head upright, draw the hind legs forward and the fore legs back and fasten with a skewer and string, lay a piece of fat bacon over the back. Make two tablespoonful dripping hot in a tin, put in rabbit and roast about one hour, basting well. Dish up on a hot dish, pour away fat from the tin and pour half-a-pint stock made from the liver of rabbit, stir round well and season, thicken with half tablespoonful of flour mixed with cold water, then boil again and strain round the rabbit.

N.B.—A hare is trussed and roasted in the same way, the liver should be chopped and added to forcemeat, baste very frequently and cook $1\frac{1}{2}$ hours. A glass of port wine is an improvement to the gravy.

Serve with fried forcemeat balls and send red currant jelly to table with it.

PIGEON PIE.

3 pigeons (young).

2 hard boiled eggs.

1 lb. steak.

2 teaspoonful salt.

 $\frac{1}{4}$ pint good stock.

Small teaspoonful pepper.

 $\frac{3}{4}$ lb. best flaky pastry:

Prepare the steak as for beef steak pie, lay at the bottom of a pie dish. Cut the pigeons in quarters and sprinkle with remainder of seasonings, lay over the steak. Cut the eggs into 8 pieces each and pile on the top, half fill the dish with stock. Cover and decorate with pastry, and bake about $1\frac{1}{2}$ hours. The feet of the pigeons should be scalded and cleansed and stuck into the pastry after the pie has baked about one hour.

COMPOTE OF PIGEONS.

2 pigeons.

4 button onions.

 $\frac{1}{4}$ lb. bacon.

2 tomatoes.

12 button mushrooms.

6 very small tomatoes.

 $\frac{1}{2}$ pint good stock. $\frac{1}{2}$ wineglassful sherry or

Salt and pepper.

Madeira.

Trim the pigeons and cut them in halves. Cut the bacon in small dice. Place in a stew pan and fry it, add the pigeons and fry a nice brown, pour away the fat, add tomatoes and onions sliced, and the mushrooms, cover with stock made hot, add wine and simmer gently half-an-hour. Then dish up the pigeons in a ring, take out mushrooms, reduce the gravy by quick boiling to half glaze, and strain over the pigeons, garnish with mushrooms and small tomatoes cooked whole in the oven.

CHAUDFROID OF CHICKEN.

Truss and boil or steam the chicken as in the boiled fowl recipe. When cold, remove all the skin and cut the breast into nice slices, and divide the legs and wings into joints, dish them into white chaufroid sauce, and pile in the centre of a dish, pour the remainder of the sauce over all, garnish with endive or lettuce, tomatoes and sliced cucumber, and some small rolls of ham or tongue, sprinkle with yolk of egg or coralline pepper. Serve as a cold luncheon or supper dish.

CHAUDFROID OF GAME.

Proceed as in the foregoing recipe, using brown chaufroid sauce, garnish with aspic jelly.

GROUSE CUTLETS.

$\frac{1}{4}$ lb. cooked grouse.	$\frac{1}{4}$ pint good brown stock.
1 oz. flour.	Salt, pepper, and cayenne.
1 oz. butter.	Egg and breadcrumbs.

Remove all the skin and bone from bird and chop the meat finely. Melt butter in a pan, add flour and cook 2 or 3 minutes over the stove, then add gradually the stock, stir until it boils, cook well, add the highly flavoured part (which comes from the back of bird inside), then meat and seasoning, turn on to a plate to cool. Make up into cutlet shapes, dip in egg and then in breadcrumbs and fry in hot fat. Drain and dish up with a small piece of macaroni in the end of each, garnish with parsley.

PHEASANT A LA MARLBOROUGH.

A plump pheasant.	2 ozs. butter.
1 lb. mushrooms.	2 or 3 ozs. breadcrumbs.
Salt and pepper.	1 egg.
A few browned crumbs.	A little brown sauce.

Bone the pheasant, peel and wash the mushrooms, chop them finely. Melt the butter in a pan, add the mushrooms and allow them to cook for 10 minutes, then add the breadcrumbs and seasoning, and stuff the pheasant with it. Skewer it and roast for about $\frac{3}{4}$ hour, then brush over with beaten egg, sprinkle well with brown crumbs, put back in the oven to set. Dish up, garnish with watercress and serve with espagnole sauce.

GAME CORNETS.

$\frac{3}{4}$ lb. flesh from any cooked game.	1 oz. flour.
2 ozs. butter.	Salt, pepper, and cayenne.
$\frac{1}{4}$ pint game stock.	1 tablespoonful sherry.
	9 or 10 cornet cases.
	(see recipe).

Mince the meat very finely. Melt the butter in a pan, stir in the flour, then the stock, and cook very well, add the meat and season very well, and stir till hot, fill the cornet cases and serve hot or cold.

SALMI OF GAME.

1 half roasted pheasant.	$\frac{1}{2}$ blade mace.
$\frac{3}{4}$ pint good brown stock.	Bouquet of herbs.
2 tablespoonful sherry.	1 oz. butter.
1 onion.	1 oz. flour.
2 cloves.	Fried croûtes.

Divide the bird into neat joints, removing all the skin, place in a pan with hot stock, trimmings, sherry, onion, herbs and seasonings. Simmer half-an-hour, then strain. Melt the butter in a pan, add the flour and fry till brown. stir in the stock, add salt and joints of bird. Serve garnished with fried croûtes. Any variety of game, or pigeons, and chicken may be prepared in a similar manner.

GAME PIE.

$\frac{1}{2}$ hare.	$\frac{1}{2}$ lb. ham.
1 pheasant.	1 partridge.
1 quart good stock	2 pigeons.
(flavoured with vege- tables).	$\frac{1}{2}$ lb. mushrooms.

Cut the hare and birds into joints, pack them closely into a stew pan or jar, add the stock and cover closely, simmer gently 1 hour, then lay the ham and mushrooms on the top and simmer 1 hour longer. Strain off the gravy and season very well, set aside to cool and remove all the fat.

Take most of the bones from the game and pack it in a game pie mould, with the mushrooms and ham cut up finely. Mix the varieties of meat as much as possible, fill up the mould with the gravy and put it aside to get cold. Garnish the top with red and yellow aspic cut in blocks and chopped finely, sliced and quartered lemon and parsley, and serve as a cold luncheon or supper dish.



SAUCES.

PLAIN MELTED BUTTER.

1 oz. butter. ¼ tablespoonful salt.
 ½ pint cold water or milk 1 oz. flour.
 and water mixed.

Place all the ingredients together in a pan and stir over a gentle heat until boiling, cook 2 minutes and it is ready.

WHITE SAUCE.

1 oz. butter. A few drops lemon juice.
 1 oz. flour. ¼ teaspoonful salt.
 ¼ pint white stock or fish ¼ pint milk and cream.
 stock.

Melt the butter in a pan, and add the flour, then the milk and stock gradually, stir until boiling, then add salt and lemon juice and cook for 2 minutes.

Serve with boiled fowls or fish:

ANCHOVY SAUCE.

Add 1 tablespoonful anchovy essence to every pint of melted butter.

DUTCH SAUCE.

Stir ½ pint white sauce made with fish stock on to one yolk of egg and one teaspoonful of vinegar or lemon juice beaten together.

PARSLEY OR FENNEL SAUCE.

Half a tablespoonful chopped parsley or fennel stirred into half-a-pint melted butter when boiling.

CAPER SAUCE.

To 1 pint melted butter or white sauce add 3 tablespoonful of chopped capers and $\frac{1}{2}$ teaspoonful of vinegar.

CELERY SAUCE.

The best part of 1 large head of celery. $\frac{1}{2}$ teaspoonful salt.
 $\frac{1}{4}$ pint white stock.
 $\frac{1}{2}$ pint white sauce.

Cut the celery in small pieces, place in a pan with the salt and stock, cover and cook gently until tender, then chop finely or rub it through a sieve. Add the sauce and boil up. Serve with boiled turkey:

TOMATO SAUCE.

$\frac{1}{2}$ lb. tomatoes; 1 teaspoonful cornflour
 $\frac{1}{2}$ oz. butter. 3 tablespoonful stock.
 1 small onion. Salt and pepper.

Slice the tomatoes into a pan with the onion and butter, season and cook gently 10 minutes, then add the stock, and simmer 20 minutes. Rub through a sieve. Mix the cornflour with cold water, stir it into the sauce and boil up.

N.B.— $\frac{1}{2}$ pint tinned tomato pulp may be substituted for fresh ones, using the tomato liquor instead of stock.

HORSERADISH SAUCE.

1 stick of horseradish. 2 tablespoonful vinegar.
 1 teaspoonful castor $\frac{1}{4}$ pint thick cream.
 sugar. A little salt.
 1 teaspoonful mixed mustard.

Scrape the horseradish and grate it finely, then mix with the other ingredients. Serve with roast beef.

APPLE SAUCE.

1 lb. apples. $\frac{1}{2}$ oz. butter.
 1 oz. sugar. $\frac{1}{2}$ teacupful water.

Peel and core the apples, slice them into a pan with the sugar and water, cover and simmer until tender and fallen; then rub through a sieve and add the butter. Serve with roast pork, or roast duck or goose.

ONION SAUCE.

1 lb. Spanish onions.
1 pint white sauce (*see recipe*).

Scald the onions, then boil them till tender in salted water, drain and rub them through a sieve or chop them finely, add to the sauce. Serve with roast mutton or boiled rabbit.

BREAD SAUCE.

$\frac{1}{2}$ pint milk.	10 peppercorns.
Small onion.	$\frac{1}{2}$ blade mace.
2 ozs. breadcrumbs.	$\frac{1}{2}$ oz. butter.
	$\frac{1}{4}$ teaspoonful salt.

Simmer the milk, seasonings, and onion together for 20 minutes, then strain on to the crumbs and butter, return to pan and let it thicken, but do not boil.

SHRIMP SAUCE.

$\frac{1}{2}$ pint shrimps.
 $\frac{1}{2}$ pint white sauce made from fish stock.

OYSTER SAUCE.

$\frac{1}{2}$ score oysters.
 $\frac{1}{2}$ pint white sauce (the oyster liquor being used in place of fish stock).

Beard the oysters and if large cut them in half, add them to the boiling sauce, simmer 2 minutes.

This sauce must on no account boil after the oysters are added, or they will be tough.

EGG SAUCE.

One hard boiled egg chopped finely, stirred into $\frac{1}{2}$ pint of white sauce.

HOLLANDAISE SAUCE.

2 or 3 yolks of eggs.	2 tablespoonful vinegar.
2 ozs. butter.	2 tablespoonful water.
Salt and pepper.	

Boil the vinegar and water together for 2 or 3 minutes, season and add half the butter, then pour on to the yolks of the eggs well beaten in a small jar. Set the jar in a pan of boiling water and stir until the sauce begins to thicken, then take off at once and add the rest of the butter.

N.B.—Tarragon vinegar may be used if the flavour is liked.

MAYONNAISE SAUCE.

Yolk 1 egg (raw).	About $\frac{1}{2}$ pint salad oil.
$\frac{1}{4}$ teaspoonful dry mustard.	Few drops tarragon vinegar Few drops lemon juice.
A pinch of salt.	

Mix the yolk of egg, mustard, and salt together in a mortar or round bottomed basin with the back of a wooden spoon, then add the oil gradually drop by drop until the sauce is quite stiff like butter, then add the vinegar and lemon juice:

N.B.—If the sauce shows signs of curdling a few drops of lemon may be added, and it should be worked till quite smooth again. Should the sauce, however, curdle, begin with another yolk of egg and add the sauce gradually to it, then continue making as before. It can be made much more easily in a cool place.

SALAD DRESSING.

2 hard boiled yolks of eggs.	$\frac{1}{2}$ a $\frac{1}{4}$ pint salad oil.
$\frac{1}{2}$ oz. sifted sugar.	$\frac{1}{2}$ a $\frac{1}{4}$ pint vinegar.
$\frac{1}{2}$ teaspoonful mustard.	$\frac{1}{2}$ a $\frac{1}{4}$ pint cream.

Rub the eggs, sugar and mustard together with a spoon, add the oil gradually, then the cream and vinegar.

N.B.—Condensed milk diluted with an equal quantity of water makes a cheap substitute for cream and the sugar may then be omitted.

MINT SAUCE.

2 tablespoonful finely chopped mint.
 1 tablespoonful castor sugar.
 $\frac{1}{4}$ pint vinegar.

Mix together a short time before serving so that the sugar is dissolved.

WHITE, BROWN, OR TOMATO CHAUDFROID SAUCE.

Stir two tablespoonful aspic jelly to every half pint of white, tomato, or brown sauce, strain through tammy, and use when beginning to set.

ESPAGNOLE OR BROWN SAUCE.

1 oz. butter.	1 onion.
1 oz. flour.	Bouquet of herbs.
$\frac{3}{4}$ pint brown stock.	2 or 3 mushrooms.
1 tomato.	Salt and pepper.

Small piece of carrot.

Fry the onion and carrot in the butter, add the mushrooms, flour, and seasonings, stir well together, add the stock gradually and simmer 20 minutes, then strain.

PLAIN BROWN SAUCE.

1 oz. butter.	Few drops of browning.
1 oz. flour.	Few drops of lemon juice.
$\frac{1}{2}$ pint water, or stock.	Salt.

Brown the butter and flour together in a pan, add water, lemon, salt, and browning, stir till boiling.

CARDINAL SAUCE.

$\frac{1}{2}$ pint white sauce.
 1 tablespoonful lobster spawn.

☞ Rub the spawn through a sieve, add to the sauce and let it boil 5 minutes. Serve with fish.

LOBSTER SAUCE.

Add 3 ozs. of chopped lobster to each half pint of cardinal sauce.

VELOUTE SAUCE.

White sauce made with flavoured stock and cream, and wrung through a tammy cloth to make it smooth and velvety.

BECHAMEL SAUCE.

White sauce made with cream and milk flavoured with onion, button mushrooms and mace.

SUPREME SAUCE.

White sauce made of stock and flavoured with mushrooms and lemon juice.



Sweet Sauces.

JAM SAUCE.

2 tablespoonful raspberry 2 tablespoonful sugar.
 or other kind of jam. $\frac{1}{4}$ pint water.
 Juice $\frac{1}{2}$ lemon.

Boil these all together for 10 minutes, pass through a hair sieve. If fresh fruit is in season, half-a-pint of raspberries may be used instead of the jam.

N.B.—This sauce will take its name from the kind of jam used.

WINE SAUCE.

$\frac{1}{4}$ pint water. 1 wineglassful sherry.
 1 oz. loaf sugar. Cochineal.
 2 tablespoonful marmalade.

Place sugar, water, and marmalade in a pan, simmer 15 minutes, then add the sherry and colouring, strain and the sauce is ready.

LEMON SAUCE.

6 ozs. loaf sugar. $\frac{1}{2}$ pint water.
 1 lemon.

Peel the lemon very thinly and cut some into tiny shreds across the peel about half-an-inch long.

Place the sugar and water in a pan and simmer until reduced to half. Now add the strained lemon juice and the peel, and the sauce is ready.

ARROWROOT SAUCE.

1 teaspoonful arrowroot. 1 tablespoonful sugar.
 $\frac{1}{2}$ pint water. 1 lemon.
 A few drops of cochineal.

Mix the arrowroot with a little water, boil the rest of water and pour it on, return to pan, add sugar and when it boils put in lemon juice and cochineal.

BRANDY SAUCE.

1 wineglassful brandy. $\frac{1}{2}$ pint white sauce.
Do not boil the sauce after the brandy is added.

WHITE SAUCE.

1 oz. butter. $\frac{1}{2}$ pint milk.
1 oz. flour. Salt.
1 oz. sugar.

Melt butter in pan, add flour and mix well, then add gradually the milk, stir until it boils, cook well, add sugar and salt, and the sauce is ready. Flavour according to taste.

GERMAN SAUCE.

Yolk of 1 egg. $\frac{1}{2}$ a $\frac{1}{4}$ pint sherry.
 $\frac{1}{2}$ tablespoonful sugar.

Whisk all over the fire in a pan until just warm and quite frothy, pour over the pudding.

CUSTARD.

Yolks of 2 eggs. Rind of $\frac{1}{2}$ lemon.
 $1\frac{1}{2}$ ozs. castor sugar. $\frac{1}{2}$ pint milk.

Place the milk and thinly pared lemon rind in a pan with the sugar, when warm pour on to the beaten yolks. Stir well, return to pan, stir until it thickens, but do not allow to boil, strain and it is ready.

FLUFF SAUCE.

Yolks of 2 eggs. $1\frac{1}{2}$ ozs. castor sugar.
Whites of 2 eggs. Rind of $\frac{1}{2}$ lemon.
 $\frac{3}{4}$ pint milk.

Place the milk and thinly pared lemon rind in a pan with the sugar, when warm pour on to the beaten yolks, stir well, return to pan, stir until it thickens, then whisk up the whites of eggs to a stiff froth and stir lightly into mixture.

CHOCOLATE SAUCE.

1 oz. grated chocolate. $\frac{1}{2}$ pint milk.
1 egg. 1 oz. sugar.

Dissolve the chocolate and sugar in the milk, whisk on to well beaten egg, return to pan and stir till thick, but do not boil or it will curdle.

Vegetables and Salads.

BOILED POTATOES.

Choose potatoes as near a size as possible, wash and peel very thinly, throw into cold water and wash again, place in a pan of cold water containing salt and boil very slowly until tender, drain and dry in front of the fire, shaking until dry and floury, and serve hot.

POTATO CHIPS.

Peel some potatoes, slice very finely into cold water then dry in a clean cloth dredged with flour and fry in hot fat until cooked, but not brown. Re-heat the fat and when smoking hot put the potatoes back into the pan and fry until brown and crisp, then drain on kitchen paper and serve hot.

BAKED POTATOES.

Potatoes.

Salt.

Dripping.

Pepper.

Wash and peel the potatoes, put into a dripping pan with some dripping, sprinkle with salt, pepper, and a little flour and bake a nice brown, turning occasionally for about 1 hour. Serve on a serviette.

NEW POTATOES.

Scrape or rub the skins off, throw into cold water. Cook in boiling salted water with a sprig of mint until quite tender. Pour off the water and cover with a folded cloth, let them stand in a warm place to dry.

MASHED POTATOES OR POTATO PUREE.

Rub well cooked floury potatoes through a sieve or potato masher, add a little hot milk and salt, beat until quite light and white, serve piled high in the tureen.

POTATO PASTRY FOR CROQUETTES, CASSOLETTES.

1 lb. cooked potatoes.

Salt and pepper.

1 oz. butter.

Egg and crumbs.

1 egg (yolk only).

Dripping.

Rub the potatoes through a wire sieve or potato masher, add the butter melted, seasonings and yolk of egg. Make into balls or pear shapes, brush with egg and roll in crumbs and fry in hot dripping (*see French frying*). Drain, serve on paper d'oyley and garnish with parsley.

N.B.—1 oz. grated Parmesan cheese may be added to the potato mixture for potato balls, to make it more savoury.

POTATO BORDER FOR ENTREES.

Take one pound of potato pastry and make into a long roll on a floured board, join the ends and brush with beaten egg, bake in a quick oven till brown.

BOILED ARTICHOKEs.

Wash, peel, and throw the artichokes into cold water. Have ready a pan of boiling water, add enough salt to taste the water, and a little lemon juice. Throw in the artichokes and boil until tender about half-an-hour. Drain and dish up, pouring white sauce over them.

SPINACH.

Wash the spinach in running water to remove sand and grit, pick off the large stalks. Throw into a pan of boiling water containing 1 teaspoonful salt to each quart, boil with lid off until tender. Press out the water and chop or pass through a wire sieve. Melt about 1 oz. butter in a pan, add spinach and a little pepper, stir till hot, dish up in a tureen and garnish with fried croûtes.

ASPARAGUS.

The asparagus should be quite fresh, scrape off the skin at the white end, tie in bundles, throw into a pan of boiling water containing 1 teaspoonful salt to every quart, boil until tender. Arrange the asparagus on a slice of toasted bread at the bottom of tureen and serve with oiled butter.

GLOBE ARTICHOKEs.

Cut off the stalks and faded leaves, soak and wash in salted water, throw into a pan containing boiling water and about as much soda as will cover a threepenny piece, boil fast until tender, drain on a cloth, remove the fibrous part from centre, re-heat and serve on a folded serviette with oiled butter.

BOILED PARSNIPS.

Wash and pare the parsnips thinly, put into a pan of boiling water with a little lemon juice and salt, and boil until tender, 30 to 40 minutes. Serve whole or mashed with butter, pepper, and salt.

FRENCH BEANS.

String and cut into long strips, throw into a pan of boiling water flavoured with salt, boil until tender 15 to 20 minutes, when done drain and shake in a pan containing a little butter, season with pepper and serve quite hot.

BOILED BEETROOT.

Place the beetroot in a pan of boiling water without washing or you are liable to break the tendrils and then cause the beetroot to bleed and destroy the colour. Boil $1\frac{1}{2}$ to 2 hours. When done skin and slice with vinegar as a pickle or serve with white sauce over as a vegetable.

BOILED CABBAGE.

Remove any decayed or withered leaves, cut off the stalk, divide the cabbage into 4 pieces, allow to soak in salted water for about one hour, then throw into boiling water containing salt and boil with the lid off for about $\frac{3}{4}$ hour, or until quite tender, drain well, then re-heat with a little melted butter and pepper and serve hot.

BOILED CELERY.

Clean and remove the outer stalks, cut into short lengths, tie up in small bundles, place in a pan of boiling water containing salt, boil well until tender, drain, arrange on a piece of toasted bread and serve with white sauce poured over.

VEGETABLE MARROW.

Divide the marrow into 4 pieces, peel and remove all seeds, place in a pan of boiling water containing a little salt and a squeeze of lemon juice, and boil very gently for about 30 to 40 minutes, dish up on toasted bread and serve with white sauce.

HARICOT BEANS.

Soak the beans in cold water over night. Place in a pan of cold water and cook gently $1\frac{1}{2}$ hours, then add salt and cook till soft, strain, add a little butter and shake gently. Serve very hot.

BRUSSELS SPROUTS.

Trim and wash well, then plunge into boiling water, add salt and boil (uncovered) till tender, 10 to 15 minutes. Drain well, but do not press them. Serve in a tureen with a strainer.

CAULIFLOWERS.

Soak in salt and water to kill the insects, remove the outside leaves. Put head downwards into boiling salted water and cook till the flower is tender. Serve with melted butter sauce.

GREEN PEAS.

Shell the peas and cook in boiling salted water, adding a sprig of mint and half-a-teaspoonful sugar. Boil from 15 to 30 minutes according to age. Drain and add a piece of butter when serving.

TOMATOES.

Choose tomatoes equal in size, cook in a buttered tin till soft but not broken.

TURNIPS.

Peel thickly, put into boiling salted water and cook till soft. Drain and mash, adding salt, pepper, and butter or a little cream.

CARROTS.

Scrape and cut in quarters, lengthways if very large, cook in boiling salted water till tender, then drain.

BROAD BEANS.

Shell and put into boiling salted water and cook gently 15 to 30 minutes, drain and serve with parsley sauce.

N.B.—The beans should be young, as the skins are very tough if too much grown.

MUSHROOMS.

Choose rather large mushrooms, peel them and cut off the ends of the stalks, place with the stalk uppermost in a greased baking tin, put a little piece of butter on each, and season with salt and pepper. Cover with buttered paper and bake in a moderate oven about 20 minutes till tender. Serve on toast with their liquor poured over them.

BOILED ONIONS.

Peel onions and cut across lightly at one end, place in a pan of boiling water with salt and boil for about one hour. Serve with white sauce.

BROWNE ONIONS.

Boil the onions until nearly cooked, then place in a tin containing a little butter, dredge over with flour and place in a hot oven until brown, season each with salt and pepper and serve hot.

BOILED LEEKS.

Wash and peel off the outer skin, cut off the top and bottom part, tie in small bundles not very tight and throw into cold water. Have ready a pan of boiling water, add as much salt as will taste, throw in the leeks and boil about half-an-hour, drain and serve on a piece of toasted bread with white sauce poured over.

CHESTNUT PUREE.

1 lb. chestnuts.	1 oz. butter.
1 pint bone stock.	Cochineal.
Salt and pepper.	

Cut off the bottoms of the nuts and bake them in a moderate oven till the skins crack. Shell them and cover with stock in a stew pan. Simmer gently till tender (about 1 hour). Drain off the stock and rub the chestnuts through a wire sieve, add the butter melted, season and colour pink. If too stiff add 1 or 2 tablespoonful of the stock. Pass through a forcing tube into the centre of an entrée.

N.B.—This purée is nice to serve with a cold entrée as well as a hot one.

MUSHROOM PUREE.

1 lb. mushrooms.	Salt and pepper.
2 ozs. butter.	3 or 4 tablespoonful breadcrumbs.

Peel and chop the mushrooms finely, fry them in the butter in a stew pan, season and add the crumbs, cover and cook 10 minutes. Serve with an entrée.

WINTER SALAD.

1 beetroot (cooked).	3 potatoes (cooked).
$\frac{1}{2}$ lb. Brussels sprouts (boiled).	1 head of celery.

Clean and cut the outer stalks from celery cut it up into small pieces, stamp out the beetroot and potatoes with a vegetable cutter. Have the sprouts nicely boiled, mix all these well together and pour a good salad dressing over the whole.

TOMATO SALAD.

2 lettuces, or any salad in season.	2 hard boiled eggs. $\frac{1}{2}$ lb. tomatoes.
Salad dressing.	

Wash and dry the lettuce in a clean dry cloth. Dip the tomatoes in boiling water and remove the skins, then cut into quarters. Break the lettuce in nice pieces, put into a salad bowl and decorate with tomatoes and eggs, also cut up. Serve with salad dressing.

LOBSTER SALAD.

1 large hen lobster.	1 lettuce.
$\frac{1}{2}$ pint stiff Mayonnaise sauce.	$\frac{1}{4}$ bunch watercress.
2 hard boiled eggs.	1 endive.
6 anchovies.	1 tablespoonful capers. Tarragon vinegar.
Salt and pepper.	

Split the lobster lengthways, remove all the meat from the shell and claws, and cut into neat dice. Trim, wash and drain the salad, break up into pieces, arrange salad at

the bottom of bowl, then alternate layers of lobster and salad, season each layer with tarragon, salt and pepper, and pour over all a layer of mayonnaise sauce, decorate with anchovies, capers, and hard boiled egg cut in quarters.

CHICKEN SALAD.

Chop into thin slices the white heart of a head of celery, season with salt and pepper, place in a bowl, cut all white meat from a chicken and chop slightly, pile up in centre and pour over a good mayonnaise sauce.

SPRING SALAD.

1 lettuce.	1 or 2 hard boiled eggs.
Watercress.	2 or 3 tomatoes.
Mustard and cress.	1 cucumber.
1 endive.	A few radishes.

Wash and dry the vegetables by shaking them in a towel. Shred the lettuce, slice the cucumber, arrange them all in a salad bowl, which has been rubbed inside with a cut onion. Serve salad dressing separately.

POTATO SALAD.

- $\frac{1}{2}$ dozen large floury cooked potatoes.
- 1 teaspoonful chopped parsley.
- $\frac{1}{4}$ pint salad dressing.

Slice the potatoes into a salad bowl rubbed with onion, sprinkle with the parsley, pour the dressing down the side of the bowl and mix when serving.



Dressed Vegetables, Breakfast Dishes, &c.

EGGS AND BACON WITH TOMATOES.

4 poached eggs. ¼ teaspoonful chopped
 1 large tomato. parsley.

Some curled fried bacon.

Cut the tomato into thick slices, cook it in a buttered tin in a moderate oven. Trim the eggs neatly and serve one on each slice of tomato, sprinkle with the parsley and pile the curled bacon high in the centre.

EGG PATTIES.

6 patty cases (*see recipe*). ½ teaspoonful chopped
 4 tablespoonful white parsley.
 sauce. 2 hard boiled eggs.
 ½ teaspoonful lemon Salt, pepper, and ground
 juice. mace.

Chop the eggs finely, add to the sauce with parsley and seasonings, set in a pan of boiling water to get hot, then fill the patty cases.

EGG CUTLETS.

1 oz. butter. 2 hard boiled eggs.
 1 oz. flour. 2 tablespoonful chopped
 ¼ pint milk (rather more). ham or tongue.
 2 mushrooms. Egg and breadcrumbs.
 Salt, pepper, and cayenne.

Chop the eggs and mushrooms. Melt the butter in a pan, add the flour, stir in the milk and cook till it leaves the pan sides, then season and add the eggs, ham, and mushrooms, and spread on a plate to cool. Make up into the shape of cutlets, cover with beaten egg and roll in crumbs and fry till a golden brown (*see French frying*). Drain and dish up with a piece of macaroni in the end of each. Serve with tomato sauce.

EGG AND TOMATO CROQUETTES.

3 hard boiled eggs.	$\frac{1}{2}$ lb. tomatoes.
$1\frac{1}{2}$ ozs. butter.	2 or 3 tablespoonful milk.
$1\frac{1}{2}$ ozs. flour.	Salt, pepper and cayenne.
$\frac{1}{4}$ teaspoonful chopped parsley.	Egg and breadcrumbs.

Shell the eggs and rub through a sieve. Cook the tomatoes in a pan till soft, then rub through a sieve and add milk to the pulp to make nearly half-a-pint. Melt the butter in a pan, add flour, and tomato pulp, cook till it leaves the pan sides clean, add parsley, eggs and seasonings and spread on a plate to cool. Then make into balls or rolls on a lightly floured board, egg and breadcrumb them and fry in smoking hot dripping. Serve hot.

CURRIED EGGS.

$\frac{1}{2}$ pint stock.	1 tablespoonful curry paste.
1 tablespoonful desic cocoanut.	2 cloves.
1 small Spanish onion.	$\frac{1}{2}$ stick cinnamon.
4 hard boiled eggs.	1 oz. butter.
2 tomatoes.	Salt.

Slice the onion into a pan with the butter, cook till a pale straw colour, add the tomatoes, skinned and sliced and the stock, cocoanut and flavourings. Simmer gently half-an-hour, then add the eggs cut in half. Heat thoroughly and serve with boiled rice.

BUTTERED EGGS.

2 eggs.	$\frac{1}{2}$ oz. butter.
4 tablespoonful milk.	Buttered toast.
Salt and pepper.	

Beat the eggs and seasoning, add the milk. Melt the butter, add the eggs, and stir over a moderate heat till thick, pile on the hot toast.

N.B.—A pinch of herbs may be added to the beaten eggs to make them savoury.

SPINACH WITH POACHED EGGS.

Prepare some spinach (*see chapter on vegetables*), season and make it quite hot. Serve on a hot plate with nicely trimmed poached eggs on the top.

STUFFED ONIONS.

Take 4 large Spanish onions, peel and throw into boiling water and allow to cook until tender. Cut off a slice from the top with a sharp knife to form a lid, take out the centre of each and place in each half a kidney with a small piece of butter, salt and pepper, re-place the lid, dredge over with flour, place in a dripping tin and bake in a hot oven for about half-an-hour.

N.B.—Onions may also be stuffed with a mince of cold meat or with sausage meat, and can be stewed in stock and the gravy thickened and poured over them when serving.

TOMATOED EGGS.

$\frac{1}{2}$ lb. tomatoes.
1 oz. butter.

3 eggs.
Salt and pepper.

Cut the tomatoes across and bake in a buttered dish until tender. Beat the eggs, mix with the tomato pulp and seasoning. Melt the butter in a pan, add mixture and stir over the fire until thick. Have ready some buttered toast, place the tomato mixture on and serve hot.

TOMATOES STUFFED WITH SHRIMPS.

6 or 8 round tomatoes.
 $\frac{1}{4}$ pint picked shrimps.
1 hard boiled egg.

1 oz. butter.
1 oz. breadcrumbs (fresh).
Salt and pepper.

Cut a round piece from the stalk end of each tomato and scoop out the seeds, put them in a pan with butter and seasoning, cook 5 minutes, then strain, stir into the crumbs, add the shrimps and egg chopped finely, fill the tomatoes and put on the tops again. Serve on a bed of lettuce or cresses.

N.B.—If preferred they may be cooked 5 minutes in a moderate oven and served hot.

STUFFED VEGETABLE MARROW.

1 medium sized marrow.
 $\frac{1}{4}$ lb. cooked meat.
Salt and pepper.

1 small ($\frac{1}{2}$ boiled) onion.
1 oz. breadcrumbs.
4 tablespoonful gravy.

Chop the meat and onion finely. Soak the crumbs in the gravy, mix all together and add salt and pepper to taste. Peel and cut the marrow in two lengthways. Scoop out all the seeds. Have ready a pan of boiling water and as much salt as will just taste the water, and boil the marrow for 15 to 20 minutes, drain carefully, then lay the mince on one half and put the other on the top. Place in a dripping tin in the oven and add half a pint of stock, cover and bake from 15 to 20 minutes, basting with gravy. Dish up the marrow and thicken the gravy with a little flour, and pour over it.

CAULIFLOWER AU GRATIN.

1 firm cauliflower.	3 ozs. grated cheese.
1½ ozs. butter.	1½ ozs. flour.
Salt, pepper, cayenne.	Rather more than ½ pint of milk.

Throw the cauliflower into boiling water, with salt and boil till tender, but not broken. Put the cauliflower into the dish in which it is to be served after trimming off the green part. Melt the butter in a pan, add flour, mix well, then add the milk gradually, stir until it boils, add half the grated cheese and season, then pour the sauce over the cauliflower, sprinkle the rest of cheese over it and put in a quick oven until thoroughly brown.

VEGETABLE MARROW may be served in a similar way.

STUFFED TOMATOES.

4 or 6 tomatoes equal in size.	Small piece of minced onion.
2 tablespoonful finely chopped ham.	½ oz. butter.
Salt and pepper.	3 or 4 tablespoonful crumbs.

Fry the onion in the butter then put in the ham and fry until cooked, add crumbs and seasoning.

Cut a round from the top of each tomato, scoop out most of the inside, fill up with the mixture, put the lid on again, place in a tin on a piece of buttered paper, cover with buttered paper and put in oven until quite hot through. Serve hot as a breakfast dish.

N.B.—They may also be stuffed with any kind of cold meat or a veal forcemeat.

PEAS PUDDING.

$\frac{1}{2}$ lb. split peas.	Salt and pepper.
1 oz. butter.	Breadcrumbs.

Soak the peas over night in water, then tie in a cloth, plunge into boiling water, and cook 2 hours. Drain well and mash them or rub through a sieve, add the butter and season well. Butter a basin and sprinkle it with crumbs; press the mixture in and bake half-an-hour. Turn out and serve with boiled meat.

HARICOT PUDDING.

1 lb. cooked haricot beans.	1 teaspoonful chopped
1 egg.	parsley.
1 teaspoonful browned	1 oz. butter.
crumbs.	Salt and pepper.

Rub the haricots through a sieve, add seasonings, butter, egg, and parsley. Butter a mould and sprinkle with the crumbs, fill with the mixture and cover with buttered paper. Steam $\frac{3}{4}$ hour. Serve with gravy.

SURPRISE POTATOES.

6 large potatoes.	$\frac{1}{2}$ small onion.
$\frac{1}{4}$ lb. finely minced cold	Salt and pepper.
meat.	$\frac{1}{2}$ oz. butter.
3 or 4 tablespoonful gravy.	

Scrub the potatoes and roast them until done, then cut a small piece about the size of a florin from the end of each, and scoop out some of the potato. Chop and fry the onion in the butter; add the meat and season well, and add as much gravy as will make nicely moist, fill the potatoes and fasten the top on again with beaten egg, return to the oven for 5 minutes to make quite hot.

STEWED MUSHROOMS.

1 lb. mushrooms.	$\frac{1}{2}$ pint milk and water.
1 oz. butter.	$\frac{3}{4}$ oz. flour.
Salt and pepper.	

Peel the mushrooms and throw into salt and water. Lift out and place in a pan with milk and water and simmer 20 minutes. Rub the flour into the butter with a knife on a plate, add to the mushrooms with the seasonings, boil up and serve in a tureen for breakfast.

TOMATOES AU GRATIN.

1 lb. tomatoes.	Salt and pepper.
$\frac{1}{4}$ lb. breadcrumbs.	1 oz. butter.

Slice the tomatoes and put a layer in a greased pie-dish, sprinkle with crumbs and seasonings, repeat the layers till the dish is full, finishing with a layer of crumbs, put the butter in small pieces on the top and bake in a quick oven 20 minutes.

BRAISED ARTICHOKEs.

1 lb. artichokes.	1 pint stock.
1 oz. butter.	Salt and pepper.
Small piece of carrot, turnip, and onion.	

Peel the artichokes and throw into cold water. Put in a pan of cold salted water, bring to boil and strain, add the vegetables and butter, and fry together, add the stock and simmer in the oven closely covered about half-an-hour till the artichokes are quite tender. Then dish them up and reduce the gravy by quick boiling till thick, strain over the artichokes and garnish with fried bread.

MUSHROOM PATTIES.

1 lb. mushrooms.	$\frac{1}{2}$ oz. butter.
1 shallot.	$\frac{1}{4}$ teaspoonful chopped
1 tablespoonful white	parsley.
sauce.	Few drops lemon juice.
10 small patty cases of	Salt, pepper and nutmeg.
puff pastry.	

Chop shallot finely and cook in the butter, add the mushrooms peeled and chopped, cover and simmer gently 20 minutes, then add sauce, parsley, seasonings and lemon juice, and 1 or 2 tablespoonful of cream if required, fill the patty cases and serve very hot.

CROQUETTES OF POTATOES A LA MODERNE.

2 lbs. potatoes.	$\frac{1}{4}$ lb. lean ham.
2 yolks of eggs.	2 ozs. veal or chicken.
1 tablespoonful cream.	$\frac{1}{4}$ lb. cooked mushrooms.
Salt, pepper, and mace.	2 tablespoonful white sauce.
Egg and breadcrumbs.	

Rub potatoes through a wire sieve, add yolks, cream and seasonings. Chop ham, veal, and mushrooms, mix with sauce and season well. Roll out potato paste and cut in squares, place a little of mixture in centre of each, fold over and roll into shape of cork, egg and crumb and fry in smoking hot dripping. Garnish with parsley.

RISSOTTO.

3 ozs. rice.	2 ozs. Parmesan cheese.
1 small onion.	1 oz. butter.
$\frac{1}{2}$ pint tomato pulp.	Small piece carrot.
1 pint stock.	Salt and pepper.

Throw the rice into boiling water, add salt and boil 5 minutes; then pour away the water and add the butter and the onion sliced, and cook gently till the onion is lightly browned, add the tomato pulp and the carrot cut into small pieces and about half the stock. Cover and let all simmer very gently till the rice is quite soft, adding the remainder of the stock as required. Grate the cheese and stir it in when the rissotto is quite thick and stiff. Serve it very hot, piled on a dish, for luncheon or supper.



Cheese Dishes, Hors D'œuvres, and Savouries.

CHEESE SOUFFLEES.

1½ ozs. butter.	3 eggs.
1½ ozs. flour.	3 ozs. dry grated cheese.
½ pint milk.	Salt, pepper and cayenne.

Melt the butter in a pan, add the flour and stir in the milk gradually; when boiling, let it cool. Add the cheese, seasonings and yolks of eggs, whip the whites stiffly and add them gradually. Have ready a well buttered soufflé tin with a band of greased paper tied round it, pour the mixture into it and bake in a quick oven 20 to 30 minutes. Remove the paper quickly and fasten a serviette round the tin, send to table at once. A hot salamander or shovel should be held over it to keep it up if it has to be carried far.

CHEESE FRITTERS.

A few slices Cheddar or Gruyère cheese.
A little salad oil.
Cayenne.
¼ pint frying batter (*see recipe*).

Cut the cheese into pieces ¼ inch thick, 2 inches long, and 1 inch wide, soak them in salad oil half-an-hour. Sprinkle with cayenne, dip in frying batter and fry in smoking hot fat till brown. Drain and dish up. Serve very hot, with watercress garnish.

CHEESE EGGS.

½ oz. butter.	3 ozs. cheese grated.
2 eggs.	4 tablespoonful milk.
Salt, pepper, cayenne.	Buttered toast or fried bread.

Beat up the eggs, add milk, cheese, and seasoning. Melt butter in a pan, add the egg mixture and stir until it is quite thick, serve on toast very hot, garnish with watercress.

CHEESE PUDDING.

$\frac{1}{4}$ pint milk.	$1\frac{1}{2}$ ozs. grated cheese.
1 oz. breadcrumbs.	$\frac{1}{2}$ oz. butter.
1 egg.	Salt, pepper and cayenne.

Warm the milk and pour it on to the crumbs, add the butter, and when cool add the beaten egg, cheese, seasoning. Turn into a greased pie-dish, bake in a quick oven from 15 to 20 minutes.

CHEESE FRITTERS.

$\frac{1}{4}$ pint water.	1 egg and 1 yolk.
1 oz. butter.	$1\frac{1}{2}$ ozs. grated parmesan cheese.
$1\frac{1}{2}$ ozs. flour.	Salt, pepper and cayenne.

Boil the butter and water and throw in the flour, then beat well and cook until a stiff paste, take off the stove, season, add the cheese and eggs well beaten, drop in spoonfuls into smoking hot fat and fry till a nice brown, drain, dish up, and serve hot.

CHEESE AND MACARONI BALLS.

1 oz. macaroni.	1 oz. flour.
$1\frac{1}{2}$ ozs. grated cheese.	$\frac{1}{4}$ pint milk.
1 oz. butter.	Salt, pepper and cayenne.
Egg and breadcrumbs.	Dripping.

Throw the macaroni into boiling salted water, cook till soft ($\frac{3}{4}$ hour), then drain and chop it. Melt the butter, add the flour, stir in the milk gradually, cook 2 minutes then add macaroni, cheese, and seasonings, and spread on a plate to cool. Make into little balls, egg and crumb them and fry in smoking hot dripping, serve very hot.

POTTED CHEESE.

$\frac{1}{2}$ lb. cheese.	$\frac{1}{2}$ wineglassful sherry.
1 oz. butter.	Salt, pepper, cayenne.

Pound the cheese well, add seasonings, butter melted, and sherry. This is useful for making savoury sandwiches and also to spread on biscuits as an after dinner savoury. If covered with clarified butter it will keep some time if stored in a cool, dry place.

MAGDALA BISCUITS.

3 ozs. flour.	Yolk of 1 egg.
1 oz. grated parmesan cheese.	$\frac{1}{4}$ pint cream.
2 ozs. butter.	Chopped parsley.
	Coralline pepper.
Salt, pepper, and cayenne.	

Mix the flour, cheese, and seasonings, rub in the butter, add yolk of egg and cream to mix to a very stiff paste, roll out thinly and cut into biscuits (2 sizes about $1\frac{1}{2}$ and $2\frac{1}{2}$ inches diameter). Bake on a greased tin in a moderate oven till a pale brown colour, then let them cool. Whisk the cream till stiff, add 1 oz. grated parmesan, salt, and a few drops of tarragon vinegar, pass through a rose forcing pipe on to the larger biscuits, put one of the smaller ones on the top, then a little more cream, sprinkle with coralline pepper and chopped parsley.

CHEESE RAMAKINS.

$\frac{1}{4}$ pint milk.	$1\frac{1}{2}$ ozs. dry grated cheese.
1 oz. breadcrumbs.	$\frac{1}{4}$ oz. butter.
1 egg.	Salt, pepper, cayenne.

Boil the milk and pour on to the crumbs and butter; when cool add cheese, seasonings and yolk of egg. Add white of egg whipped stiffly, pour into buttered ramakin cases and bake in a quick oven about 15 minutes. Serve very hot.

N.B.—Paper cases may be used if they are well greased with salad oil and set in a warm place for a little while before using.

CHEESE STRAWS.

$\frac{1}{4}$ lb. flour.	1 yolk of egg.
2 ozs. dry grated cheese.	Salt, pepper cayenne.
2 ozs. butter.	1 tablespoonful water.

Rub the butter into the flour, add cheese, seasonings and yolk of egg, then add water to mix to a very stiff paste. Roll out and cut in straws and rings, bake on a greased oven tin till a very pale brown. Serve hot or cold, a few straws through each ring.

N.B.—They can be stored between layers of paper in a canister, and will keep some time. Very dry cheese should be used, equal quantities of Parmesan and Cheddar are suitable.

CHEESE SANDWICHES.

A little flaky or puff pastry.	1 egg and 1 yolk.
2 ozs. parmesan or dry grated cheese.	$\frac{1}{2}$ teaspoonful mustard.
	Salt, pepper and cayenne.
	$1\frac{1}{2}$ ozs. butter.

Melt the butter, add cheese, beaten eggs and seasonings. Roll out the pastry thinly, lay on a baking sheet, spread the mixture over one-half and fold the other over it, pinch round the edges and mark across the top very lightly into finger lengths. Bake in a quick oven, cut into fingers and serve hot.

CHEESE CUSTARD.

3 ozs. dry grated cheese.	2 eggs.
$\frac{1}{2}$ pint milk.	Salt, pepper and cayenne.

Beat the eggs, add the milk, cheese and seasonings, bake in a buttered dish till set. Serve hot with plain biscuits or fingers of dry toast.

VERMICELLI A LA CREME.

3 ozs. vermicelli.	$\frac{1}{4}$ pint milk.
1 oz. butter.	$\frac{1}{4}$ pint white stock.
1 oz. flour.	Salt, pepper and cayenne.
6 ozs. grated cheese.	3 or 4 tablespoonful cream.

Throw the vermicelli in boiling salted water, boil 10 minutes, then strain. Melt the butter in a pan, add flour, stir in the milk and stock gradually, boil 2 minutes, season well and add the vermicelli, turn into a shallow pie dish. Place the cheese, cream and seasonings in a pan, stir till melted, pour over the vermicelli and brown in a quick oven or with a salamander.

WELSH RAREBIT.

$\frac{1}{4}$ lb. cheese.	$\frac{1}{2}$ oz. butter.
1 tablespoonful milk.	$\frac{1}{2}$ teaspoonful mustard.
Buttered toast.	Salt and pepper.

Slice the cheese finely, place it in a pan with the butter melted and the milk, stir over a gentle heat till dissolved, add the seasonings and pour on the toast, brown it in front of the fire and serve at once.

PARMESAN TARTLETS.

2 ozs. grated parmesan cheese.	2 eggs.
4 tablespoonful white sauce.	Salt, pepper and cayenne.
	$\frac{1}{4}$ lb. puff or short pastry.

Roll out the pastry very thinly and line small patty tins. Mix the cheese, seasonings, yolks of eggs, and sauce, whisk the whites to a stiff froth and stir in lightly, put a spoonful into each tartlet and bake in a quick oven 7 minutes. Serve hot.

MACARONI CHEESE.

3 ozs. macaroni.	1 oz. flour.
3 ozs. grated cheese. $\frac{1}{4}$	$\frac{1}{2}$ pint milk.
1 oz. butter.	Salt and pepper.

Break the macaroni into pieces one inch long, throw it into boiling salted water and boil until tender $\frac{3}{4}$ to 1 hour, then strain. Melt the butter in a pan, add the flour, then the milk gradually, stir till boiling, cook 2 minutes. Add the macaroni, seasonings and half the grated cheese, pour into a buttered pie dish, sprinkle the rest of cheese on the top and set in a quick oven or in front of the fire to brown. Serve very hot.

MACARONI CHEESE AU GRATIN.

3 ozs. macaroni.	1 oz. breadcrumbs.
$\frac{1}{4}$ lb. grated cheese.	1 oz. butter.
Salt, pepper, and cayenne.	

Boil the macaroni in salted water till tender, then drain. Put a layer of macaroni in the bottom of a greased pie dish, sprinkle with cheese and seasonings and repeat the layers, mixing the breadcrumbs with the last layer of cheese. Place the butter in small pieces on the top and set in the oven to get thoroughly hot and brown on the top. Serve very hot with dry toast or plain biscuits.

CHEESE TARTLETS.

Some short or flaky pastry.	2 eggs.
2 tablespoonful bread- crumbs.	Salt, pepper, cayenne. 1 or 2 tablespoonful cream.
2 ozs. grated cheese.	

Mix cheese, breadcrumbs, yolks of eggs, and seasonings, whip the whites of eggs to a stiff froth and add them lightly to the mixture, then add the cream. Line some patty tins with pastry, put a spoonful of the mixture in each and bake in a quick oven 7 minutes. Serve very hot.

EGG AND HAM TITBITS.

2 tablespoonful cooked ham.	1 egg.
1 hard boiled egg.	2 tablespoonful cream.
Salt and pepper.	Flaky pastry.
A little grated cheese.	

Mince the ham and chop the egg finely, add the yolk of egg, cream, and seasoning. Whip the white of egg to a stiff froth, add lightly, line small patty tins with the pastry and put a spoonful of the mixture in each, sprinkle with grated cheese and bake in a quick oven from 7 to 10 minutes.

CHEESE PROFITEROLES.

Some choux paste (<i>see recipe</i>).	3 ozs. grated cheese.
Salt, pepper and cayenne.	4 tablespoonful cream.
$\frac{1}{2}$ teaspoonful mixed mustard.	1 oz. grated cheese.

Prepare the choux paste (unsweetened) and when cool add 1 oz. grated cheese, and seasonings, put into a forcing bag with a plain pipe at the end and pass through on to a greased oven tin. Bake in a moderate oven 20 to 30 minutes. When done split open and fill with the cheese and cream mixture, which has been seasoned and stirred over a gentle heat until creamy and hot.

ANCHOVY EGGS.

4 fresh eggs.	Pepper and cayenne.
3 anchovies.	Cochineal.
1½ ozs. butter.	8 croûtes of brown bread and butter.

Boil the eggs 20 minutes, place in cold water and remove the shells. Cut a small piece off both ends of each egg, cut them in half and remove the yolks. Wash, bone and pound the anchovies, rub them through a sieve with yolks of eggs, season and add the butter melted, and colouring. Then fill each half egg with the mixture, set one on each croûte and garnish with watercress.

CROUTES OF HADDOCK.

¼ lb. dried haddock (after passing through a sieve).	1 anchovy.
2 ozs. butter.	1 hard boiled yolk of egg. Salt, pepper and cayenne.
	1 doz. croûtes of fried bread.

Melt the butter and add to the fish, rub the anchovy and yolk of egg through a sieve, mix all and season well. Then pile on the croûtes in pyramid form, smooth with a knife dipped in hot water. Make hot in the oven and garnish with lobster coral or hard boiled yolk of egg. Serve hot.

SARDINE ECLAIRS

Choux paste.	1 doz. sardines.
Salt, pepper and cayenne.	

Make some choux paste, omitting the sugar, and season it well, pass through a plain tube in finger lengths on to a greased oven tin, bake in a moderate oven 30 to 40 minutes.

Wipe the sardines and remove as much of the outer skin as possible without breaking the fish, cut off the tails and season well, set in the oven 5 minutes to get hot. Cut open the eclairs and insert the sardines and serve very hot as an after dinner savoury.

ANCHOVY FRITTERS.

8 anchovies.

$\frac{1}{4}$ pint frying batter (*see recipe*).

Wash the anchovies, split them lengthways and remove the bone, divide each fish in 2 fillets and wipe dry, tie each in a knot. Dip in the frying batter and drop into smoking hot fat, and fry till brown, drain and serve with a garnish of cress as a hot savoury.

CUCUMBER CASES.

1 cucumber.

$\frac{1}{4}$ pint picked shrimps.

2 ozs. butter.

Brown bread and butter.

Salt, pepper and cayenne.

A little watercress.

1 tablespoonful thick cream.

Cut the cucumber into $1\frac{1}{2}$ inch lengths, score it all round so that it is striped green and white, scoop out some of centre to make into cup shapes. Chop the pulp finely, add the shrimps, cream and seasonings and the butter beaten to a cream. Fill up the cases and set them on rounds of bread and butter. Serve them with a garnish of watercress.

TOMATO BASKETS.

6 medium sized firm ripe
tomatoes.

$\frac{1}{4}$ pint white or fish stock.

$\frac{1}{4}$ pint cream.

$\frac{1}{4}$ oz. gelatine.

Small jar of luxette or of
potted lobster.

Few drops cochineal.

Cut out the tomatoes in the shape of a basket and scoop out all the pulp. Dissolve the gelatine in the stock, add the luxette and when setting stir in the cream whipped stiffly, season and colour a pale pink, pass through a forcing bag into the cases. Serve on a bed of lettuce or cress.

CROUTES OF OYSTERS.

6 oysters.	2 ozs. veal or chicken.
3 ozs. butter.	1 dessertspoonful lemon juice.
2 yolks (hard boiled),	
Salt, pepper and cayenne.	$\frac{1}{4}$ teaspoonful dry mustard
Six $2\frac{1}{2}$ inch rounds of brown bread.	

Mince the meat very finely, add the yolks, and butter and rub through a wire sieve, then add lemon juice and seasonings. Spread a little over each round of bread, put the remainder in a forcing bag and decorate the edges of the croûte, lay a thin slice of lemon in the centre and lay a bearded oyster on it, sprinkle with cayenne and a pinch of chopped parsley. Serve as a hors d'œuvres.

ANCHOVY BISCUITS.

1 doz. small plain biscuits.	6 boned anchovies.
$\frac{1}{4}$ pint whipped cream.	A little chopped parsley.
A little anchovy paste.	A little coralline pepper.
1 hard boiled yolk of egg.	

Spread a thin layer of anchovy paste over the biscuits, season the cream and pile on the top, garnish with strips of anchovy, sprinkle with chopped parsley and coralline pepper and hard boiled yolk of egg rubbed through a sieve.

CANAPEES OF SHRIMPS.

1 doz. croûtes of fried bread.	Few drops of lemon juice.
$\frac{1}{4}$ pint picked shrimps.	Cayenne.
3 tablespoonful whipped cream.	A little watercress.
	1 oz. butter.

Pound the shrimps and butter together and rub through a wire sieve, season and add the cream. Pile on the croûtes and put a sprig of watercress on the top of each, garnish with picked shrimps and chopped parsley.

LUXETTE FINGERS.

3 tablespoonful whipped cream. $\frac{1}{2}$ oz. grated parmesan cheese.

A little puff pastry. Small jar of luxette.

Roll out the pastry thinly, brush with egg and sprinkle with the cheese, cut into finger lengths and bake in a quick oven. When cool, put a rose of luxette at each end and pile whipped cream in the centre, garnish with coralline pepper and sprigs of parsley.

SARDINE ROLLS.

1 doz. sardines. 1 oz. grated parmesan cheese.

$\frac{1}{4}$ lb. puff pastry.

Salt, pepper, and cayenne.

Wipe the oil from the sardines and cut off the tails. Roll out the pastry thinly, cut in squares, lay a sardine on each, sprinkle with parmesan, brush round with egg, and fold edges of pastry together. Brush with egg, sprinkle with cheese and bake in a quick oven. Serve hot.



A Few Hints on Bread Making.

The dough must be kept warm or it will not rise, but too great heat will make it heavy.

The right temperature of water or milk for rising the yeast in and for kneading may be gained by measuring one part of boiling to two parts of cold, though in very cold weather it may be a little warmer.

The flour and bowl should be made warm before putting the yeast into them.

The dough should not be kneaded too stiff or the bread will be very close, it should be just light enough to leave the sides of the bowl and the fingers without sticking to them.

The bowl should be covered whilst the bread is rising and placed out of a draught, and if near the fire should be turned round occasionally, so that it does not get too warm on one side whilst it is cold on the other. The time it will take to rise is always variable; a good rule to follow until experience has been gained is that it should rise until it is at least three times its original bulk before putting into the tins. After preparing for baking let it rise to twice the size before putting into the oven. The oven should be hot at first to throw up the dough and kill the yeast, then the heat should steadily decrease. An average time for a 2 lb. loaf is 50 minutes to 1 hour.

PLAIN WHITE BREAD.

3½ lbs. flour.

Small tablespoonful salt.

1 oz. yeast.

About 1¼ pints lukewarm water.

Crumble the yeast into a basin, add ½ teaspoonful sugar and cover with warm water, let it rise. Warm the flour in a bowl, pour the yeast into a hole in the centre, adding a little more water, stir a little of the flour into it to make a batter, sprinkle the salt round the edges of the bowl and let it rise until it bubbles. Now knead up with rest of water until it forms a light smooth dough that does not stick to the fingers, and set to rise again from 1 to 1½ hours. Then make up into loaves, which should not more than half fill well greased warm tins, let them rise to the top. Bake in a quick oven at first, reducing the heat gradually until they are done, ¾ to 1½ hours according to size.

FRENCH BREAD.

1 lb. flour (best).

2 ozs. butter.

½ teacupful lukewarm water.

½ pint lukewarm milk.

¾ oz. yeast.

1 teaspoonful salt.

Place the yeast and water with a pinch of sugar in a warm place to rise. Rub the butter into the flour in a warm bowl, pour the yeast into centre and sprinkle the salt round and let it rise. Add the milk and knead to a light smooth dough, then rise about 1 hour. Make up into rolls, twists, or fancy shapes, set on warm greased baking sheets and bake in a quick oven. When nearly cooked brush with white of egg or milk to glaze them.

N.B.— A well beaten egg may be kneaded in if liked, the milk should be made hot and added to it to warm it.

DINNER BUNS.

Make the dough as for French bread, roll out thickly and cut into two inch rounds with a cutter, rise on a well greased tin and bake 10 minutes.

GRINISI BREAD.

Make like French bread using 1 egg and knead very stiff. When risen make up into sticks about 8 inches long and

$\frac{1}{2}$ inch thick and a few rings about 2 inches diameter, rise and bake in a moderate oven till crisp. Serve for dinner with the cheese course, a few sticks through each ring.

PICNIC ROLLS.

Make like Dinner buns (*see recipe*). When cool cut off the tops and scoop out some of the centre, then fill with a nicely seasoned patty mixture of veal and ham, chicken or fish, or with $\frac{1}{2}$ lb. chopped salmon or shrimps mixed with $\frac{1}{2}$ pint mayonnaise sauce.

SALT STICKS.

Prepare like Grisini bread, brush with milk or egg before baking and sprinkle with crushed bay salt.

TEA CAKES.

2 lbs. flour.	1 oz. yeast.
4 ozs. sugar.	4 ozs. currants.
4 ozs. lard.	Lukewarm milk.
2 teaspoonful salt.	

Pour lukewarm water on to the yeast ($\frac{1}{2}$ teacupful), add $\frac{1}{2}$ teaspoonful sugar, let it stand a few minutes then mix well together. Warm a bowl, put in the flour and rub in the lard, pour the yeast into a hole in centre, add a little warm milk, if necessary, and let it rise 15 minutes. Knead up with the rest of the milk into a light dough until it does not stick to the hands, and let rise for about 1 hour. Knead in the currants and sugar and when it has risen a short time longer make up into small cakes. Roll them flat and place on a greased tin, allow to rise for about 20 minutes, then bake in a quick oven from 15 to 20 minutes.

BROWN BREAD.

3 lbs. whole meal.	1 oz. yeast.
1 tablespoonful salt.	1 $\frac{1}{2}$ pints lukewarm milk.

Add a teacupful of warm water to the yeast, then put in a pinch of sugar, let it rise. Warm a bowl and put the flour in; make a hole in the centre and stir in the yeast, adding a little lukewarm milk, let it rise 10 minutes. Beat up with more lukewarm milk into a very stiff batter, adding the salt at the same time, beat a little and then let it rise in a warm place for 1 hour. Place in a warm greased loaf tin, rise 20 minutes, then bake for about 1 hour.

Hints on Pastry Making.

Keep everything as cool as possible, the colder the pastry is when it is put into the oven the lighter it will be, as cold air expands more than warm when exposed to heat, consequently the colder the pastry the greater its expansion or lightness when baked.

Avoid handling the pastry as much as possible and use the tips of fingers only, to rub in the shortening.

Roll lightly, but evenly and firmly.

Use as much flour on the board as will prevent the pastry sticking to it and no more. A coating of dry flour on the pastry prevents it browning nicely and makes it tough.

For puff and flaky pastries the paste should be mixed to the same consistency as the butter or lard to be rolled into it, if one is softer than the other they do not roll together without breaking through, and that spoils the flakiness of the pastry. The rolling out and folding should be done evenly and the pastry should always be turned half round on the board before rolling out again after each fold.

In hot weather it is frequently an advantage to let the pastry stand over night before baking.

Remember that the richer the pastry the greater is the heat required in the oven for baking it.

Pastry containing baking powder should be baked as soon as mixed.

PUFF PASTRY.

$\frac{1}{2}$ lb. butter.	2 teaspoonful lemon juice.
$\frac{1}{2}$ lb. flour.	Cold water.

Rub about a quarter of the butter in the flour, add the lemon juice and mix to a stiff paste with water. Roll out in a thick square piece, flatten the rest of the butter in a cake and lay it on the pastry and fold the edges of the latter over it, then roll out in a long piece, flour and fold in three, turn half round with the open edges to and from you and roll out again, then fold and put aside for 2 hours. Roll twice more and allow it to stand half-an-hour, then roll twice more and it is ready to use.

FLAKY PASTRY.

$\frac{1}{2}$ lb. flour.	2 ozs. lard.
$\frac{1}{4}$ lb. butter.	Cold water.

A pinch of salt.

Rub the lard into the flour, add salt and mix to a stiff paste with cold water. Roll out in a long piece, put half the butter in small pieces over it, flour and fold in three, turn half round and roll out again. Put on the remainder of the butter, flour, fold, turn, and roll as before, then put aside for 1 hour. Roll out twice more and it is ready to bake.

PLAIN FLAKY PASTRY.

$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ lb. lard.
	1 teaspoonful salt.

Divide the lard into three portions and rub one of them into the flour, add salt and mix to a stiff paste with cold water, roll out in a long piece, put one of portions of lard over it in small pieces, sprinkle with flour and fold in three, turn half round and roll out again, put on the rest of the lard, flour, fold, turn, and roll as before, then set aside half-an-hour, roll out twice more and use as required.

PLAIN SHORT PASTRY.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ teaspoonful salt.
$\frac{1}{2}$ teaspoonful baking powder.	3 ozs. lard or dripping.

Mix flour, salt and baking powder together, rub in the lard, mix with cold water to a stiff paste, roll out twice and bake at once.

A RICHER SHORT PASTRY.

$\frac{1}{2}$ lb. flour.	4 ozs. butter, or butter
Cold water.	and lard mixed.

Rub the butter into the flour, mix to a stiff paste with water, and roll out.

N.B.—The yolk of an egg may be added to make it richer.

SUET PASTRY.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ teaspoonful baking
$\frac{1}{4}$ lb. suet.	powder.
	$\frac{1}{2}$ teaspoonful salt.

Shred and chop the suet finely with a little of the flour, mix all together and add cold water to make a stiff paste and roll out. If refined suet be used the chopping is dispensed with.

GERMAN PASTRY.

$\frac{1}{2}$ lb. flour.	Yolk of 1 egg.
6 ozs. butter.	Grated rind $\frac{1}{2}$ lemon.
1 tablespoonful fine sugar	Cold water.

Rub the butter lightly into the flour, add the sugar and lemon rind. Mix with yolk of egg and water to a stiff paste. Roll out and bake in a moderate oven.

TO MAKE PATTY CASES.

Roll out puff pastry about $\frac{1}{4}$ inch thick cut into rounds with a 3 inch cutter, place on a baking sheet, then take a $1\frac{1}{2}$ inch cutter and mark a ring very lightly on the top of each. Roll out the scraps of pastry left about half the thickness, cut out with the small cutter into rounds for the tops of patties, place them on another tin. Bake in a very quick oven. Remove the centres from the large rounds and take any soft part from inside, fill with patty mixture and put one of smaller rounds on top.

1 lb. puff pastry will make 10 or 12 patty cases.

CORNETS.

Roll out some puff or flaky pastry very thinly in a long piece, cut in strips about 1 inch wide, brush the top of each strip with beaten egg and twist round cornet tins, commencing at the pointed end, and keeping the moistened side of the pastry outside, lay on a baking sheet and bake in a quick oven about 10 minutes.

These cases can be filled with sweetened and flavoured whipped cream, or with pastry custard, or with savoury mixtures of fish, meat or game.

TARTLET SHELLS.

These shells are made in the same way as patty cases without the lids. When cool they can be filled with jam or lemon cheesecake mixture.

CHOUX PASTE.

$\frac{1}{4}$ pint water.	1 oz. sugar.
2 ozs. butter.	2 or 3 eggs.
$2\frac{1}{2}$ ozs. flour.	Essence of Vanilla.

Boil the water, butter, and sugar together, throw in all the flour (sifted) and beat very well, cook till it leaves the pan sides clean. Whisk the eggs, add them gradually when the mixture has cooled a little, beat very well, add flavourings and mix rather soft.

CHOCOLATE ECLAIRS.

Choux paste. Whipped cream.
Chocolate icing.

Put the choux paste in a forcing bag with a plain pipe at the end, force through it in three inch lengths on to a well buttered tin. Bake in a moderate oven about 40 minutes. When cool split open and fill with whipped cream and cover with chocolate icing.

COFFEE ECLAIRS.

Prepare as in preceding recipe and fill with well sweetened whipped cream flavoured with strong coffee. Sprinkle thickly with icing sugar.

CREAM TARTS.

Choux paste.

Whipped cream.

Put the choux paste in lumps not quite as large as an egg on a well greased tin, bake in a very moderate oven. Fill with cream when cold and sprinkle with icing sugar.

ORANGE PATTIES. $\frac{1}{4}$ pint cream.

Grated rind 2 oranges.

 $\frac{1}{2}$ pint orange juice.

2 or 3 ozs. loaf sugar.

 $\frac{1}{2}$ oz. gelatine.

2 yolks of eggs.

 $\frac{1}{2}$ tablespoonful cornflour.

1 lb. puff pastry.

Roll out the pastry and cut into rounds, take a small cutter and mark a ring in centre of each, place on a baking sheet and bake in a quick oven. Remove the centres and let them cool. Rub the sugar on to the orange rind, place in a pan with strained juice and gelatine, stir till dissolved, then pour on to yolks of eggs mixed with cornflour, return to pan and stir till boiling, cook 3 minutes, then let cool. Whisk the cream till stiff, add the orange mixture when it is cold, stir till it begins to set, then put in a forcing bag and fill the cases, garnish with small orange quarters and chopped pistachio nuts.

PINEAPPLE TARTLETS. $\frac{3}{4}$ lb. short pastry.

A few glacé cherries.

3 whites of eggs.

A few pistachio nuts.

2 tablespoonful castor sugar.

1 tin of pineapple chunks.

Roll out the pastry thinly, line deep tartlet tins, place a round of greased paper in each and fill with uncooked peas or rice, bake in a moderate oven, let the cases cool.

Cut the pineapple into small dice, fill the cases with it, using a little of the syrup. Whisk the whites stiffly, add the sugar and pass through a rose forcing pipe on to the tartlets, garnish with cherries and chopped pistachio nuts, and set in a moderate oven to dry.

APPLE CHEESECAKES.

6 ozs. apples (after peeling and coring).	1 tablespoonful cake crumbs.
1 oz. butter.	Rind and juice $\frac{1}{2}$ lemon.
$1\frac{1}{2}$ ozs. sugar.	1 egg and 1 yolk.

Flaky or short pastry.

Slice the apples into a pan with butter, sugar, and lemon, cover and cook till soft, then beat to a smooth pulp. When cool add crumbs and yolk of egg, then the white, beaten stiffly. Line deep patty tins with the pastry, fill with the mixture and bake in a quick oven 10 to 20 minutes.

TREACLE TART.

$\frac{1}{2}$ lb. treacle.	$\frac{1}{2}$ oz. butter.
2 ozs. breadcrumbs.	1 lemon.

Short pastry.

Melt the butter and stir it into the treacle with the crumbs and grated rind and juice of lemon. Line a plate with pastry and decorate the edges, pour in the mixture and bake in a quick oven.

CURD CHEESECAKES.

$\frac{1}{2}$ lb. curds.	3 ozs. castor sugar.
$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ lb. currants.
2 eggs.	1 tablespoonful sponge biscuit crumbs.
A little mace or nutmeg.	Grated rind $\frac{1}{2}$ lemon.
Some flaky pastry.	

Cream the butter and sugar together, add the flavouring, then curds, the eggs well beaten, currants and crumbs, mix well together. Line some tart tins with flaky pastry, place a good spoonful of mixture in each and bake in a quick oven for about 20 minutes.

ALMOND CHEESECAKES.

3 ozs. sweet almonds (chopped or ground).	1 oz. butter (melted).
2 ozs. castor sugar.	A few drops of essence of almonds.

1 egg and 1 yolk.

Mix almonds and sugar together, add butter melted and mix with the egg. Line some patty tins with flaky pastry, place 1 teaspoonful mixture in each and bake 20 minutes.

ORANGE TARTLETS.

3 ozs. loaf sugar.	Rind of 1 orange.
1 tablespoonful cold water.	Juice of 1 lemon.
Whites of 2 eggs.	Yolks of 3 eggs.

Place water, sugar, grated rind of orange, juice of lemon, and water in a pan and stir until sugar is dissolved, then add yolks of eggs and stir until it just comes to the boil. Whisk up whites of eggs to a stiff froth and stir lightly into orange mixture. Line deep tartlet tins with rich short or German pastry and bake with a square of bread crust in each to keep them hollow. Remove the bread and fill with the mixture when cool, and garnish with pieces of glacé cherries.

COCOANUT CHEESECAKES.

3 large tablespoonful	4 tablespoonful milk.
dessicated cocoanut.	1 whole egg and 1 yolk.
1½ ozs. castor sugar.	Pinch of salt.

A very little nutmeg.

Soak cocoanut in milk, then add sugar, beaten egg, and flavouring. Line some patty tins with flaky pastry, place a good teaspoonful of mixture in each and bake in a quick oven for about 20 minutes.

VIENNESE TARTLETS.

Short pastry.	1 lemon.
3 ozs. butter.	1 oz. almonds.
3 ozs. sugar.	1 oz. glacé cherries.

3 eggs.

Line deep tartlet tins with the pastry. Cream the butter and sugar together, add the yolks of eggs, grated rind and juice of lemon, whisk over boiling water till thick. Whisk the whites of eggs to a stiff froth, add 1 tablespoonful to the mixture, and half fill the tartlets, sprinkle the almonds and cherries chopped finely on the top and bake in a quick oven. Add 1 tablespoonful icing sugar and ½ teaspoonful ground cinnamon to remainder of whites, pile on the top of the tartlets and garnish with cherries and dry in a cool oven.

ROYAL CHEESECAKES.

3 ozs. butter.	2 eggs.
3 ozs. sugar.	$\frac{1}{4}$ pint milk.
$\frac{1}{4}$ lb. stale spongecakes.	Essence of almonds.

Crumble the cake, add the milk and let it stand half-an-hour, then squeeze as dry as possible. Add the butter melted, sugar and eggs beaten together and flavouring. Line tins with pastry and fill with mixture and bake in a quick oven.

SWISS TARTS.

Short pastry.	$\frac{1}{2}$ lb. flour.
3 ozs. butter.	$\frac{1}{2}$ teaspoonful cream of tartar.
3 ozs. sugar.	$\frac{1}{2}$ teaspoonful carbonate of soda.
2 eggs.	A little water icing.
Raspberry jam.	
3 or 4 tablespoonful milk.	

Line some deep tartlet tins with the pastry, and put a little jam in the bottom of each. Beat the butter to a cream with the sugar. Add the eggs well beaten, sift the flour, soda and cream of tartar together, stir them in lightly with the milk and half fill the tarts. Bake in a moderate oven. When cool cover with water icing and garnish with glacé cherries.

PRINCESS TARTLETS.

6 ozs. short pastry.	Whites 2 eggs.
$\frac{1}{2}$ pint pastry custard (<i>see recipe</i>).	2 tablespoonful fine sugar
	Pink sugar.
Raspberry or apricot jam.	

Roll out the pastry thinly, line deep tartlet tins, put a piece of greased paper in each and fill with raw rice and bake in a moderate oven. When cool put a little jam in the bottom of each, fill up with pastry custard. Whip the whites of eggs stiffly, add the sugar and pile high on the top of the tartlets, sprinkle with pink sugar and dry in a cool oven.

CUSTARD SLICES.

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|--|-------------------------|
| 2 ozs. puff or flaky pastry. | 1 oz. ground almonds. |
| $\frac{1}{4}$ lb. cake crumbs. | 1 tablespoonful apricot |
| 1 oz. butter. | jam. |
| $\frac{1}{2}$ pint pastry custard. | 3 whites of eggs. |
| 3 ozs. sugar. | Essence of almonds. |
| 1 tablespoonful chopped browned almonds. | |

Roll out the pastry in a thin square piece and lay on a baking sheet. Mix the crumbs, ground almonds, and jam together, add the butter (melted), and spread the mixture over the pastry, bake in a moderate oven. When cool, cover with the pastry custard. Whip the whites stiffly and add the sugar and flavouring, lay over the custard and sprinkle with the browned almonds, let it dry in a cool oven. Cut into finger lengths when cold.

RICE CHEESECAKES.

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|---------------------------------|------------------------|
| 1 oz. rice. | 1 oz. butter. |
| $\frac{1}{2}$ pint milk. | Grated rind 1 lemon. |
| 2 eggs. | 1 oz. chopped almonds. |
| $\frac{3}{4}$ lb. flaky pastry. | 2 doz. glacé cherries. |
| 1 oz. sugar. | |

Cook the rice in the milk till creamy, add butter, sugar, almonds, lemon and yolks of eggs. Stir in the whites whisked stiffly. Line patty tins with flaky pastry, fill with the mixture. Sprinkle with chopped glacé cherries and bake in a quick oven.

GROUND RICE CHEESECAKES.

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|---------------------|--------------------|
| 2 ozs. ground rice. | 2 ozs. loaf sugar. |
| 2 ozs. butter. | 1 egg. |
| 1 small lemon. | |

Rub the sugar on to the rind of the lemon, then pound it, beat the butter to a cream, add the sugar to it, work them well together, then add the beaten egg, lastly add ground rice and lemon juice. Line small patty tins with either flaky or short pastry, put 1 teaspoonful of mixture in each and bake in a quick oven.

MAIDS OF HONOUR.

$\frac{1}{2}$ pint milk.	2 ozs. sugar.
$1\frac{1}{2}$ ozs. rice flour.	2 eggs.
1 oz. butter.	Essence of almonds.

Flaky pastry.

Mix the rice smoothly with cold milk, boil the rest and stir on to it, return to the pan and let it thicken. Add sugar and butter, and when cool the eggs well beaten, and flavouring. Line patty tins with pastry and half fill with the mixture, bake in a quick oven.

MACARON TARTS.

Puff or flaky pastry.	Whites of 2 eggs.
$\frac{1}{4}$ lb. ground almonds.	Raspberry jam.
$\frac{1}{4}$ lb. fine sugar.	

Mix the almonds and sugar together and add as much beaten white of egg as will moisten them nicely. Line patty tins with the pastry, put a little jam in the bottom of each, fill with the almond mixture and smooth with a knife dipped in cold water, decorate with strips of pastry across, and bake in a quick oven.

APPLE CREAM TARTLETS.

$\frac{1}{4}$ pint pulp from roast apples.	1 or 2 ozs. sugar.
$\frac{1}{4}$ pint thick cream.	Grated rind and juice of $\frac{1}{2}$ lemon.
$\frac{1}{4}$ oz. gelatine.	2 tablespoonful milk.

Make some tartlet shells of puff pastry (*see recipe*), let them cool. Rub the apple pulp through a sieve, add sugar and lemon and let it cool. Dissolve the gelatine in the milk, when cool stir it into the apple mixture. Whisk the cream till stiff and mix all lightly together, when beginning to set fill the pastry cases and garnish with glacé cherries.

FRUIT TARTLETS WITH CREAM.

$\frac{1}{2}$ lb. short pastry.	$\frac{1}{2}$ pint whipped cream
Compôte of fruit (<i>see recipe</i>).	(sweetened).

Roll out the pastry thinly and line deep tartlet tins, put a greased paper in each and fill with uncooked rice, bake in a moderate oven. When cold fill with compôte of fruit, pass the cream through a rose forcing bag on to top of each.

COMPOTE OF FRUIT.

$\frac{1}{2}$ lb. loaf sugar.

1 lb. cherries.

$\frac{1}{2}$ pint water.

Boil the sugar and water together until reduced one half. Stone the cherries and put them into the syrup, cook till soft but unbroken (about 10 minutes). Lift out the fruit and reduce the syrup by quick boiling till quite thick, then pour over it.

Large stone fruits should be cut in half before cooking and the stones should be broken and the kernels added to the fruit.

POMPADOURS.

$\frac{1}{4}$ lb. flour.

$\frac{1}{2}$ pint cream.

2 ozs. butter.

1 oz. sugar.

Yolk of 1 egg.

Essence of vanilla.

1 teaspoonful orange
flower water.

Water icing.

Rub the butter into the flour, add yolk of egg and water to mix stiff. Roll out thinly and cover small roll tins, fasten the join with egg and lay downwards on a baking sheet, bake in a moderate oven, then remove the tins and let the cases cool. Whisk the cream till stiff, add sugar and vanilla, put into a forcing bag and fill the cases with it. Then cover them with pink, white, and chocolate icing, and when set arrange them alternately in a dish.



Notes on Cakes and Cake Making.

Cake tins should be prepared before the ingredients are mixed so that no time is lost in getting the mixture into the oven. Do not grease the tins or paper with which they are lined unless specially instructed to do so, as grease makes them more liable to burn, though it is sometimes necessary.

Fancy little cake tins should be greased with melted butter, using a brush so that the greasing is thorough.

TO PREPARE CAKE TINS.

Cut a piece of paper the exact size of the bottom of the tin, and another piece for the side, 3 inches deeper than the tin and long enough for the ends to wrap over. Fold one edge of this down one inch deep lengthways, and cut the turned down piece with scissors the depth of the turn over at intervals of half-an-inch. Now fit it into the tin with the fringed part lying in the bottom, place the cut out round over it and the sides will then be quite firm.

PREPARATION OF INGREDIENTS.

Flour should be sifted; if baking powder is used they may be sifted together.

Eggs should be well whisked, either whole or the whites separately, according to the recipe. The yolks do not require separate beating, but may be put in whole.

Currants and sultanas should be rubbed in a cloth with a little flour to remove the stalks.

Candied peel should be shredded or chopped.

Butter should be beaten with a wooden spoon until creamy, if very hard it must previously be warmed a little, but should not be allowed to melt to oil.

Fine sugar should be used as coarse granulated sugar does not make the cake so light.

Baking powder should be stirred in last thing.

BAKING.

The plainer the cake the hotter the oven may be without scorching it, but a cake containing no butter or other equivalent—for example, a sponge cake—must only have a very moderate oven, as the large proportion of sugar makes it very liable to scorch.

Rich plum cakes always require very slow baking for 2 or 3 hours, or longer if very large.

Small cakes of any kind always require a hotter oven than large cakes of the same variety, as the heat passes through them more quickly, and if baked too slowly they will be very dry.

 SPONGE CAKE.

4 eggs.
 $\frac{1}{2}$ lb. fine sugar.

5 ozs. dried flour.
 Grated lemon rind.

Grease a mould with melted suet, and tie a band of greased paper round it to make it higher. Break the eggs into a bowl and whisk a little, add the sugar and whisk over boiling water till thick, then take off and whisk until cold. Add the flavouring and the flour (sifted) stir as lightly as possible, turn at once into the mould (which should not be more than threequarters full) and bake in a moderate oven about 1 hour.

MADEIRA CAKES.

$\frac{1}{4}$ lb. butter.
 $\frac{1}{4}$ lb. sugar.
 5 ozs. flour.

3 eggs.
 $\frac{1}{2}$ teaspoonful baking
 powder.

1 slice candied citron.

Cream the butter and sugar together, add the eggs well beaten and the flour and baking powder (sifted), beat well and put into a cake tin lined with paper and bake in a moderate oven. Lay the peel carefully on the top when the cake has been baking $\frac{1}{4}$ hour.

SULTANA CAKE.

$\frac{1}{4}$ lb. butter.	6 ozs. Sultana raisins.
$\frac{1}{4}$ lb. sugar.	2 or 3 eggs.
$\frac{1}{2}$ lb. of flour.	1 small teaspoonful
2 or 3 tablespoonful milk.	baking powder.

Cream the butter and sugar together, add the beaten eggs then the flour, baking powder and raisins, and a little milk. bake in a tin lined with paper about 1 hour.

CURRENT CAKE.

$\frac{1}{2}$ lb. flour.	1 oz. candied peel.
3 ozs. butter.	1 teaspoonful baking
4 ozs. sugar.	powder.
4 ozs. currants.	2 eggs.
	2 or 3 tablespoonful milk.

Cream the butter and sugar together, add the beaten eggs gradually, then the flour, currants, and baking powder, and the peel chopped finely. Bake in a tin lined with paper about $1\frac{1}{4}$ hours.

SEED CAKE.

$\frac{1}{2}$ lb. flour.	1 teaspoonful baking
3 ozs. butter.	powder.
5 ozs. sugar.	2 eggs.
2 teaspoonful carraway	3 or 4 tablespoonful
seeds.	milk.

Mix and bake as in preceding recipe.

APPLE CAKE.

$\frac{1}{2}$ lb. flour.	$1\frac{1}{2}$ ozs. sugar.
1 teaspoonful baking	1 egg.
powder.	$\frac{1}{4}$ pint milk.
$\frac{1}{2}$ teaspoonful salt.	$\frac{1}{2}$ lb. apples.
	$1\frac{1}{2}$ ozs. lard.

Mix the flour, baking powder and salt, rub in the lard, add the sugar, then the beaten egg and milk, to mix rather thin, pour into a well greased flat tin and bake in a moderate oven. Peel, core and slice the apples, cook them with a little water till they will beat to a pulp, add sugar to sweeten. Split the cake and put the apple mixture in the middle, sprinkle fine sugar on the top.

RICE CAKE.

$\frac{1}{4}$ lb. butter.	2 eggs.
$\frac{1}{4}$ lb. fine sugar.	Grated rind of 1 lemon.
$\frac{1}{4}$ lb. ground rice.	$\frac{1}{2}$ teaspoonful baking
3 ozs. flour.	powder.

A little milk.

Cream butter and sugar together, add flavouring, whisk the eggs and add with the rice, stir in the flour and baking powder and beat well; add a little milk, put into a cake tin lined with paper, and bake in a moderate oven 1 hour.

COCOANUT CAKE.

$\frac{1}{4}$ lb. butter.	2 or 3 eggs.
$\frac{1}{4}$ lb. fine sugar.	1 small teaspoonful
6 ozs. flour.	baking powder.

1 oz. desiccated cocoanut.

Cream butter and sugar together, add the cocoanut, then the well beaten eggs and flour and baking powder, beat well, add milk if necessary, and bake in a tin lined with paper.

N.B.—A cocoanut cake should always be mixed a little thinner than other cake mixtures, as the cocoanut swells in the baking.

COCOANUT CREAM SANDWICH.

Make the mixture in preceding recipe rather thin by adding milk, and bake in a shallow tin. When cold, split it open, and spread the following mixture between, then cover with pink water icing and sprinkle with cocoanut.

CREAM MIXTURE.

$\frac{1}{4}$ pint cream.	1 oz. desiccated cocoanut.
	1 oz. sugar.

Whip the cream till stiff, and add the rest.

TENNIS CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. flour.
$\frac{1}{2}$ lb. castor sugar.	4 ozs. stoned valencia raisins
4 large or 5 small eggs.	4 ozs. sultanas.
	2 ozs. glacé cherries.

Cream the butter and sugar together, add the yolks of eggs and whisk well, add the valencias, cut in half; the cherries cut in four and the sultanas; lastly add the flour (sifted) and the whites of eggs whipped stiffly, turn into a flat tin lined with paper, and bake in a moderate oven. When cool, cover with a layer of almond icing, then pour green water icing on the top, and sprinkle with cocoanut or chopped almonds or decorate with royal icing.

SIMNEL CAKE.

5½ ozs. butter.	½ lb. currants.
5½ ozs. flour.	2 ozs. candied peel.
5 ozs. castor sugar.	4 eggs.

Cream butter and sugar together, add the eggs (well beaten) and the flour, beat very well. Stir in the fruit and put a layer of the mixture in a lined cake tin, then a layer of almond paste, then the remainder of the mixture. Bake in a moderate oven 2 to 3 hours. Then put almond paste on the top of the cake leaving it hollow in the centre, return to the oven till a nice brown. When cool, decorate with crystallized fruits and pink sugar.

ALMOND PASTE.

1 lb. ground almonds.	¾ lb. castor sugar.
2 eggs and 1 yolk.	1 tablespoonful orange flower water.

Mix all together with eggs (well beaten).

OATMEAL CAKES.

6 ozs. medium oatmeal.	1 or 2 eggs.
6 ozs. flour.	About ¼ pint milk.
¼ lb. butter or lard.	1 teaspoonful baking powder.
¼ lb. sugar.	
	¼ teaspoonful salt.

Rub the butter into flour and oatmeal, add remainder of dry things, then egg well beaten and milk (mix rather soft), half fill well greased tins and bake in a moderate oven 20 minutes.

COCOANUT BUNS.

$\frac{1}{2}$ lb. flour.	1 egg.
$\frac{1}{4}$ lb. lard.	$\frac{1}{4}$ pint milk.
$\frac{1}{4}$ lb. sugar.	1 teaspoonful baking powder.
2 ozs. desiccated cocoanut.	$\frac{1}{4}$ teaspoonful salt.

Rub the lard into flour and sugar, add the rest of the dry things, then the egg (beaten) and milk to mix rather soft. Half fill well greased tins and bake in a moderate oven 15 or 20 minutes.

FLORIDA CAKE.

2 eggs.	Grated rind 1 orange.
$3\frac{1}{2}$ ozs. butter.	Strained juice $\frac{1}{2}$ orange.
$3\frac{1}{2}$ ozs. sugar.	$\frac{1}{2}$ teaspoonful baking powder.
$3\frac{1}{2}$ ozs. flour.	

Beat butter to a cream, add sugar and work well together, add alternately beaten eggs and flour and mix well, then add baking powder and flavourings, turn into a flat round tin lined with greased paper and bake in a moderate oven.

When cool cover with orange icing and decorate with quarters of orange or glacé fruits.

SARATOGA CAKE.

2 eggs.	$\frac{1}{4}$ lb. castor sugar.
2 ozs. flour.	$\frac{1}{2}$ oz. butter.

Whisk eggs and sugar over hot water until just warm, then beat till cold, add the butter (melted), and flour (sifted) turn at once into a plain round tin and bake in a moderate oven 30 or 40 minutes, let it cool.

FOR THE INSIDE MIXTURE.

$\frac{1}{4}$ pint cream.	1 oz. sugar.
	1 oz. cocoanut.

Whisk the cream till stiff, add the sugar and cocoanut, split the cake in 2 or 3 pieces, spread with cream mixture and put together again, then cover the top with white icing and the sides with pink and sprinkle with cocoanut.

FOR THE ICING.

$\frac{1}{2}$ lb. icing sugar mixed with 2 tablespoonful cream, cover the top, then colour the rest pink and ice the sides of cake.

NEW YORK CAKES.

$\frac{1}{4}$ lb. butter.	3 eggs. $\frac{1}{4}$
$\frac{1}{4}$ lb. sugar.	$1\frac{1}{2}$ ozs. glacé cherries.
6 ozs. flour.	$1\frac{1}{2}$ ozs. chopped almonds.

1 tablespoonful brandy.

Beat butter to a cream, add sugar, then the yolks of eggs and brandy, add the cherries cut in small pieces and almonds, the whites of eggs whisked stiffly, and flour, mix well and bake in a flat tin or in little fancy tins. When cool cover with water icing and decorate with cherries.

CHOCOLATE CAKES.

$\frac{1}{4}$ lb. butter.	3 ozs. flour.
2 ozs. grated chocolate.	$\frac{1}{4}$ teaspoonful baking powder.
2 ozs. sugar.	
Little milk.	2 eggs.

Cream the butter, add chocolate and sugar, add the eggs well beaten, and flour and baking powder sifted together, and a little milk. Bake in a flat tin about 20 minutes in a very moderate oven. Cover with chocolate icing when cool and cut in fingers or fancy shapes.

GENOESE CAKES.

$\frac{1}{4}$ lb. butter.	3 eggs (4 if small).
$\frac{1}{4}$ lb. sugar.	Few drops flavouring essence.
5 ozs. flour.	

$\frac{1}{4}$ teaspoonful baking powder.

Cream the butter and sugar together, add flavouring, then gradually the beaten eggs and flour alternately, beat very well, stir in the baking powder. Spread in a flat tin and bake in a moderate oven.

VIOLET CAKES.

Genoese cake.	Shelled walnuts.
Pale green water icing.	Crystallized violets.
	Apricot jam.

Split the cake and spread with apricot jam and put together, then cut in squares or fancy shapes. Stick half a walnut with jam on the top of each. Cover with water icing and put a crystallized violet on the top of each.

VANILLA SANDWICH.

$\frac{1}{4}$ lb. butter.	3 eggs.
$\frac{1}{4}$ lb. sugar.	$\frac{1}{2}$ teaspoonful vanilla essence.
$\frac{1}{2}$ lb. flour.	2 tablespoonful milk.
$\frac{1}{2}$ teaspoonful baking powder.	

Cream the butter and sugar together, add the vanilla. Whisk the eggs and beat them well with butter and sugar, add the flour, baking powder, and milk, and turn into a flat tin, bake in a moderate oven half-an-hour. When cold, split it open and spread with the following mixture:—

2 ozs. butter.	1 oz. grated chocolate.
2 ozs. sifted icing sugar.	$\frac{1}{2}$ teaspoonful essence of vanilla.

Beat the butter to a cream and add the rest of things. Cover with plain water or chocolate icing.

WALNUT CAKE.

$\frac{1}{4}$ lb. butter.	3 eggs.
$\frac{1}{4}$ lb. sugar.	1 $\frac{1}{2}$ ozs. shelled walnuts.
5 ozs. flour.	$\frac{1}{4}$ teaspoonful baking powder.

Chop the nuts finely; cream the butter and sugar together, add the eggs (well beaten) and the flour and baking powder, stir in the nuts and bake in a round tin 30 to 45 minutes. When cool, cover with water icing and garnish with halves of walnuts.

DESDEMONAS AND OTHELLOS.

2 eggs.	3 ozs. flour.
3 ozs. sugar.	1 $\frac{1}{2}$ ozs. butter.
Pinch of baking powder.	

Whisk eggs and sugar together, add butter (melted), then flour to which baking powder has been added. Half fill the tins with mixture and bake in a very moderate oven. When

cool scoop a little out of the centre of each and fill with whipped cream and put two together. Cover with pink and chocolate water icings.

RICE BUNS.

$\frac{1}{2}$ lb. butter.	6 ozs. flour.
$\frac{1}{2}$ lb. sugar.	6 ozs. ground rice.
3 eggs.	2 small teaspoonful
A little milk.	baking powder.

Beat butter to a cream, add sugar, then gradually eggs (beaten), then stir in flour and ground rice to which has been added baking powder, turn into tins and bake for about 25 minutes.

CORNFLOUR BUNS.

$\frac{1}{2}$ lb. cornflour.	3 eggs.
$\frac{1}{4}$ lb. butter or lard.	1 good teaspoonful
$\frac{1}{4}$ lb. sugar.	baking powder.

A little grated lemon rind or flavouring essence.

Beat butter to a cream, add sugar and flavouring, then add the beaten eggs, and lastly the cornflour and baking powder, turn into greased tins and bake in a quick oven for about 15 or 20 minutes.

GINGERBREAD CAKE.

1 lb. flour.	$\frac{3}{4}$ lb. treacle.
3 ozs. lard.	3 ozs. sugar.
1 oz. candied peel.	$\frac{3}{4}$ oz. of ginger.
$\frac{1}{4}$ oz. mixed spice.	1 egg.
$\frac{1}{4}$ teacupful boiling water.	1 small teaspoonful carbonate of soda.

Rub the lard into flour, add peel, spice, ginger and sugar, melt the treacle, add the boiling water to the soda, mix this well with the treacle and add it to the dry things with the beaten egg, turn it into a well greased tin, and bake in a moderate oven for 1 hour.

GENOA CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. sugar.
10 ozs. flour.	$\frac{1}{2}$ lb. sultana raisins.
2 ozs. mixed peel.	5 eggs.
2 ozs. almonds.	Grated rind of lemon.
	1 teaspoonful baking powder.

Beat the butter to a cream, add sugar and beat well, then add alternately the beaten egg and flour to which add baking powder, then add peel (chopped finely) the sultanas and rind of lemon, turn into a greased and lined tin and bake from 1 hour to 1½ hours.

N.B.—When the cake has been in about half-an-hour slice the almonds and lay on the top of cake.

ADELAINE CAKE.

2 ozs. butter.	½ oz. rice flour.
2 ozs. castor sugar.	1½ eggs.
2½ ozs. flour.	1½ glacé cherries.
½ teaspoonful baking powder.	

Beat the butter to a cream, add sugar and beat well, then add gradually the beaten egg, the flour, cherries (cut in four) rice and baking powder, turn into a flat tin lined with greased paper and bake in a moderate oven for about half-an-hour. Allow to cool and cover with water icing.

VICTORIA BUNS.

1 lb. flour.	¼ lb. moist sugar.
¼ lb. butter.	2 eggs.
2 teaspoonful baking powder.	2 ozs. sultana raisins.
	Grated rind of ½ lemon.

A little milk.

Add baking powder to the flour and rub in butter, add sugar, grated lemon rind and sultanas (cleaned). Mix to a stiff paste, place in small heaps on a greased tin, brush over with egg and sprinkle with coarse crystallized sugar, and bake for 20 minutes.

MARBLE CAKE.

WHITE MIXTURE.

¼ lb. butter.	¼ lb. sugar.
5 ozs. flour.	3 whites of eggs.
Almond essence.	¼ teaspoonful baking powder.
Few drops cochineal.	A little milk.

YELLOW MIXTURE.

¼ lb. butter.	¼ lb. sugar.
5 ozs. flour.	1 egg and 3 yolks.
Vanilla essence.	¼ teaspoonful baking powder
1 tablespoonful chocolate	A little milk.

Beat the butter to a cream, add sugar, beat the eggs and stir in gradually; beat well and flavour, add flour and baking powder sifted together, and a little milk. Divide each mixture in half in separate basins. Colour half the white a bright pink. Add chocolate to the smaller half of yellow and add $\frac{1}{2}$ tablespoonful more milk. Have ready a cake tin lined with paper, put the mixture in, using a small spoon and mixing the colour as much as possible, then bake in a moderate oven $\frac{3}{4}$ hour to $1\frac{1}{2}$ hours according to the thickness.

N.B.—A fifth colour may be made by dividing into five portions (one of white and yellow mixed) and colouring it green with vegetable essence.

RUSSIAN SANDWICH.

4 eggs.	6 ozs. flour.
6 ozs. fine sugar.	2 ozs. butter.
1 teaspoonful baking powder.	

Whisk the eggs and sugar well together, melt the butter, sift the flour and baking powder, stir all in lightly, and pour half the mixture in a flat tin; colour the rest pink, and pour in another tin the same size, and bake in a moderate oven, then turn out to get cold. Then spread one with chocolate vienna icing, place the other on the top, and cover with water icing, then cut in blocks.

CHOCOLATE VIENNA ICING.

4 ozs. butter.	6 ozs. icing sugar (sifted).
4 ozs. grated chocolate (sifted).	

Cream the butter, add the chocolate and sugar gradually, use whilst soft.

GINGERBREAD FINGERS.

$1\frac{3}{4}$ lbs. flour.	9 oz. treacle.
$\frac{3}{4}$ lb. fine sugar.	2 eggs.
$\frac{3}{4}$ lb. butter.	$\frac{1}{2}$ oz. ground ginger.

Rub the butter into the flour, add ginger and sugar. Beat the eggs and melt the treacle. Mix all together and roll out thinly, cut in fingers and bake on greased tins in a very moderate oven.

COCOANUT MACAROONS.

$\frac{1}{4}$ lb. desiccated cocoanut. Whites of 2 eggs.
 2 ozs. sugar. Wafer paper.
 1 tablespoonful flour.

Whisk the eggs stiffly, add sugar, flour and cocoanut, place in small heaps on the wafer paper and bake in a moderate oven 20 minutes.

DELIGHT CAKES.

$\frac{1}{4}$ lb. butter. 2 ozs. ground almonds.
 $\frac{1}{4}$ lb. sugar. 2 ozs. chopped candied
 5 ozs. flour. peel.
 3 eggs. 1 teaspoonful rose water.
 Crystallized rose leaves. $\frac{1}{4}$ teaspoonful ground mace
 1 tablespoonful orange flower water.

Cream the butter and sugar together, add almonds, peel and flavouring. Whisk the eggs and add them gradually, stir in the flour and beat thoroughly, bake in small greased tins in a moderate oven. When cool, cover with water icing and garnish with crystallized rose leaves.

BRANDY SNAPS.

$\frac{1}{2}$ lb. flour. $\frac{1}{2}$ lb. golden syrup.
 $\frac{1}{2}$ lb. castor sugar. $\frac{1}{4}$ lb. butter.
 1 teaspoonful ground A few drops lemon juice.
 ginger.

Rub the butter into the flour, add sugar, ginger and lemon juice, and the treacle, melted but not warm. Place in small pieces on greased tins about 4 inches apart and bake in a quick oven till firm. Twist round a stick to curl them whilst hot. When cool store them in covered tins in a dry place.

ALMOND ROUNDS.

4 ozs. butter. 4 ozs. flour.
 4 ozs. sugar. 2 ozs. ground rice.

Cream the butter and sugar together, add flour and rice and roll out. Cut into rounds with a fluted cutter, put a spoonful of the following mixture on each and bake in a moderate oven.

3 ozs. ground almonds.	1 small white of egg.
3 ozs. sugar.	A few drops essence of almonds.

Mix all together with beaten white of egg to a paste.

CHOCOLATE MACAROONS.

$\frac{1}{4}$ lb. finely grated chocolate.	6 ozs. ground almonds. Whites of 2 eggs.
$\frac{1}{4}$ lb. sifted sugar.	

Whisk the whites of eggs stiffly. Mix the chocolate, sugar and almonds, and add the whites gradually to form a stiff paste, place in small heaps on wafer paper and bake in a moderate oven.

COCOANUT BISCUITS.

$\frac{1}{2}$ lb. flour.	3 ozs. sugar.
3 ozs. butter.	2 ozs. desiccated cocoanut
	1 egg.

Rub the butter in the flour, add sugar and cocoanut, and mix to stiff paste with beaten egg, roll out and cut in biscuits, bake in a moderate oven till crisp.

CHERRY CAKE.

10 ozs. flour.	6 ozs. glacé cherries.
$\frac{1}{2}$ lb. butter.	5 eggs.
	$\frac{1}{2}$ lb. sugar.

Cream the butter, add the sugar, then the eggs (well beaten), and the flour, beat well and add the cherries cut in half. Bake in tin lined with paper about $1\frac{1}{2}$ hours.

ROSE ALMOND CAKES.

$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ lb. ground almonds.
$\frac{1}{4}$ lb. sugar.	2 eggs.
$\frac{1}{4}$ lb. flour.	Cochineal.
	Essence of almonds.

Cream butter and sugar together, add the flavouring and almonds, then the beaten eggs and lastly the flour. Beat all together and colour a bright pink. Bake in small greased tins in a very moderate oven.

ATHOL CAKES.

3 ozs. butter.	2 eggs.
2 ozs. sugar.	$\frac{1}{2}$ teaspoonful baking powder.
5 ozs. cornflour.	Flavouring essence.

Work butter and sugar together, add cornflour in small quantities with beaten eggs, add flavouring and beat well, add baking powder, half fill well greased tins and bake in a moderate oven. When cool cover with water icing and sprinkle with finely chopped pistachio nuts.

RASPBERRY OR LEMON BUNS.

6 ozs. flour.	$\frac{1}{4}$ lb. butter or lard.
6 ozs. ground rice (finest).	$\frac{1}{4}$ lb. sugar.
1 teaspoonful baking powder.	2 eggs.
	Some lemon cheese or raspberry jam.

Rub butter into flour and rice, add sugar and baking powder, then eggs beaten. Make into buns, place on greased tins. Make a hole in top and fill with lemon cheese or jam, brush round with egg or milk and bake in a moderate oven.

RASPBERRY SANDWICH.

2 eggs.	1 $\frac{1}{2}$ ozs. butter.
3 ozs. sugar.	$\frac{1}{4}$ teaspoonful baking powder.
3 ozs. flour.	Raspberry jam.

Whisk the eggs and sugar well together. Melt the butter, mix the flour and baking powder together, stir all lightly into eggs and sugar. Spread in a well greased flat tin and bake in a moderate oven. Split open when cold, spread the jam between and sprinkle with fine sugar.

ALMOND CAKE.

6 ozs. butter.	8 ozs. flour.
6 ozs. sugar.	$\frac{1}{4}$ lb. sweet almonds.
4 eggs.	Little essence of almonds.

Blanch and chop the almonds finely, beat the butter to a cream, add sugar and beat well together, and add eggs well beaten, and lastly almonds, turn into a tin lined with greased paper and bake in a moderate oven for $1\frac{1}{4}$ hours. Reserve 1 tablespoonful almonds to sprinkle over top of cake when it is just set.

QUEEN CAKES (No. 1).

1 lb. flour.	1 lb. butter.
2 ozs. ground rice.	1 lb. 2 ozs. sugar.
10 eggs.	$\frac{3}{4}$ lb. currants.
1 teaspoonful baking powder.	

Beat the butter to a cream, add sugar and beat well, then add beaten eggs gradually, then add the flour, ground rice, and baking powder, and lastly the currants, half fill well greased queen cake tins and bake about 20 minutes.

QUEEN CAKES (No. 2).

7 ozs. butter.	5 eggs.
8 ozs. sugar.	8 ozs. flour.
6 ozs. currants.	

Beat the butter to a cream and add the sugar, then add the yolks of eggs gradually, beating all the time. Whip the whites to a stiff froth and add them alternately with the flour, beat thoroughly, then add the currants, half fill well greased queen cake tins and bake in a moderate oven.

LEMON SANDWICH.

Genoese cake.	Water icing.
Lemon cheese cake mixture.	Pistachio nuts.

Split the cake and spread with the mixture. put together and cover with water icing, sprinkle with finely chopped pistachio nuts, and cut in finger or fancy shapes.

ORANGE SANDWICH.

6 ozs. flour.	1 tablespoonful orange juice.
4 ozs. sugar.	Grated rind $\frac{1}{2}$ orange.
3 ozs. butter.	1 teaspoonful cream of tartar.
2 eggs.	
2 or 3 tablespoonful milk.	
$\frac{1}{2}$ teaspoonful carbonate of soda.	

Cream the butter and sugar together, add the eggs beaten and flavourings. Sift the soda, cream of tartar, and flour together, stir them in lightly with the milk, spread in a flat tin and bake in a moderate oven. When cold split open and spread with the following mixture:

$\frac{1}{4}$ pint orange juice.	1 or 2 ozs. sugar.
$\frac{1}{2}$ tablespoonful cornflour.	1 tablespoonful lemon juice.

Mix the cornflour with the lemon juice, add the orange juice boiling, and sugar to sweeten, stir and let it boil five minutes, use when cool.

Cover with water icing if liked.

RICH CHRISTMAS CAKE.

11 ozs. butter.	$\frac{1}{4}$ lb. almonds.
11 ozs. flour.	$\frac{1}{4}$ lb. candied peel (mixed).
10 ozs. castor sugar.	1 wineglassful brandy.
1 lb. valencia raisins.	6 eggs.
1 lb. currants.	$\frac{1}{2}$ oz. mixed spice.

Blanch and slice the almonds finely, stone and chop the raisins, shred the peel thinly. Beat the butter to a cream, add the sugar, then the eggs well beaten alternately with the flour, beat well and add the remainder of the ingredients in small quantities. When well mixed turn into a tin lined with paper and bake in a moderate oven $3\frac{1}{2}$ to 4 hours.

The mixture rises very little so the cake should be made nearly as deep as you want it to be.

The raisins can be omitted if preferred.

The cake is improved by keeping a few weeks before eating.

XMAS BREAD.

2 lbs. flour,	$\frac{3}{4}$ lb. sugar.
$\frac{3}{4}$ lb. butter or lard.	$\frac{1}{4}$ lb. mixed peel.
1 lb. currants.	1 oz. yeast.
$\frac{1}{2}$ lb. sultanas.	3 or 4 eggs.
2 teaspoonful salt.	$\frac{1}{2}$ nutmeg.
Lukewarm milk.	1 teaspoonful ground cinnamon.

Crumble the yeast into a little lukewarm milk, add a pinch of sugar and let it rise. Warm a bowl and put in the flour, rub in the butter, pour the yeast into a hole in the centre and let it rise 15 minutes. Stir in the beaten eggs and as much more milk as will make a light dough, beat well and leave it to rise about 1 hour. Add the fruit and spices and let it rise another hour. Then put into cake tins lined with paper and let them rise well. Bake in a moderate oven according to size.

WEDDING OR BIRTHDAY CAKE.

12 ozs. butter.	12 ozs. flour.
4 ozs. sugar.	4 eggs.
4 ozs. lemon peel.	$\frac{1}{4}$ oz. mixed spice.
4 ozs. orange peel.	Grated rind 1 lemon.
4 ozs. citron.	$\frac{1}{2}$ teaspoonful salt.
8 ozs. glacé cherries.	$\frac{1}{4}$ pint brandy.
4 ozs. almonds (ground).	12 ozs. currants.

Cream the butter, add the sugar, spice, salt and grated lemon. Whisk the eggs and beat them in gradually adding the flour alternately, add the almonds and beat thoroughly. Cut the cherries in half and slice the peel finely. Mix all well together and bake in a tin lined with paper about 3 hours.

N.B.—This cake should be made at least 3 months before it is required.

PLAIN XMAS CAKE.

$\frac{1}{4}$ lb. butter.	1 or 2 ozs. candied peel.
$\frac{1}{2}$ lb. flour.	2 or 3 eggs.
4 to 6 ozs. currants.	A little milk.
1 oz. chopped almonds.	$\frac{1}{4}$ teaspoonful baking powder.
4 ozs. sugar.	

Cream the butter and sugar together, add the almonds and the eggs (well beaten). Stir in the flour, currants, and the peel sliced finely, beat well and stir in the baking powder and a little milk. Bake in a cake tin lined with paper in a moderate oven.

MOCHA CAKES.

2 eggs.	Grated rind $\frac{1}{2}$ lemon.
$\frac{1}{4}$ lb. sugar.	Coffee icing (<i>see recipe</i>).
3 ozs. flour.	Vienna icing (<i>see recipe</i>).
Chopped brown almonds.	

Whisk the eggs and sugar over hot water till thick, then whisk till cold, add lemon, and the flour (sifted), bake in a flat square tin 15 to 20 minutes. When cool cover with coffee icing, and sprinkle with the almonds. Cut in squares or fancy shapes and decorate with vienna icing.

N.B.—The vienna icing should be flavoured with strong coffee.

CREAM CAKE.

$\frac{1}{4}$ pint good cream.	$\frac{1}{2}$ lb. flour.
2 eggs.	6 ozs. sugar.
1 teaspoonful baking powder.	Flavouring essence.

Whisk the eggs and sugar together, add the flour gradually, stir in the cream and lastly the baking powder. Turn into a tin lined with greased paper and bake in a moderate oven.

GIPSY CAKES.

$\frac{1}{2}$ lb. flour.	1 egg.
$\frac{1}{4}$ lb. butter and lard.	A little milk.
$\frac{1}{2}$ teaspoonful baking powder.	

Rub the butter into the flour, add baking powder, then mix with beaten egg and milk to a stiff paste. Roll out thinly, cut in rounds and bake in a quick oven. Split open, butter and serve hot.

SCONES.

1 lb. flour.	$\frac{1}{2}$ teaspoonful carbonate of soda.
3 ozs. lard.	$\frac{1}{2}$ teaspoonful baking powder.
1 teaspoonful cream of tartar.	$\frac{1}{2}$ teaspoonful salt.
2 ozs. sugar.	3 ozs. sultanas.
$\frac{1}{2}$ pint butter milk or milk.	

Add baking powder, soda, salt, and tartar to flour and rub in lard, add sugar and sultanas, and mix very stiff with milk. Divide into 3 portions, roll out each in a round about the size of a pudding plate, cut into four, brush over with egg and bake for 15 minutes.

LITTLE MUFFINS FOR AFTERNOON TEA.

2 ozs. Paisley flour.	1 oz. lard or butter.
1 lb. flour.	1 teaspoonful salt.
$\frac{1}{2}$ pint of milk.	1 teaspoonful sugar.

Mix the dry things together, rub in the butter, add milk to make a light dough. Roll out very lightly about half-an-inch thick, cut out with a small round cutter. Bake *at once* in a very hot oven or on a griddle. Split them open, butter and serve at once.

These muffins are very nice split, toasted, and buttered, and served hot.

SCOTCH PANCAKES OR DROP SCONES.

2 ozs. Paisley flour.	1 egg.
1 lb. flour.	1 teaspoonful salt.
4 ozs. sugar.	1 pint of milk.

Mix the dry things together, beat the egg and stir in gradually with the milk, beating well till free from lumps. The batter should be thin enough to pour. Pour it in spoonfuls on to a hot greased griddle, when brown underneath turn over. Cook till brown. Serve with butter when cold. A frying pan can be used in place of a griddle.

HOVIS SCONES.

2 ozs. Paisley flour.	1 egg.
1 lb. Hovis flour.	$\frac{1}{2}$ pint milk.
1 oz. butter.	2 ozs. sugar.
	1 teaspoonful salt.

Mix the dry things and rub in the butter, beat the egg and stir into them with milk to make a light dough. Roll out lightly $\frac{1}{2}$ to $\frac{3}{4}$ inch thick, cut in three cornered pieces and bake at once in a hot oven or on a griddle.

SCOTCH BREAKFAST SCONES.

2 ozs. Paisley flour.	1 teaspoonful salt.
1 lb. flour.	$\frac{1}{2}$ pint milk.

Mix flour and salt, add milk to make a light dough. Roll out and cut in three cornered pieces, bake *at once* in a hot oven or on a hot griddle. Turn over when half cooked.

LONDON BUNS.

1 lb. flour.	2 teaspoonful baking powder.
6 ozs. lard or butter.	
8 ozs. sugar.	2 eggs.
Grated rind 1 lemon.	$\frac{1}{4}$ pint milk.
	$\frac{1}{2}$ teaspoonful salt.

Mix the dry things and rub in the lard, add eggs well beaten and milk. Put in small heaps on greased baking tins, sprinkle with crystallized sugar and bake in a moderate oven 15 minutes.

SEED BUNS.

Add 2 teaspoonful caraway seeds to the London Bun mixture and do not use crystallized sugar.

SODA BUNS.

1 lb. flour.	2 ozs. chopped peel.
4 ozs. lard.	1 teaspoonful carbonate of soda.
4 ozs. sugar.	
4 ozs. currants.	2 eggs.
	$\frac{1}{2}$ teaspoonful salt.

Rub the lard into the flour, add the sugar, peel, currants, and salt. Dissolve the soda in warm milk, stir into the dry ingredients with the eggs well beaten. Place in heaps on a greased baking tin and bake in a moderate oven.

SPONGE SANDWICH.

4 eggs.

4½ ozs. flour.

4 ozs. sugar.

Whisk the eggs and sugar over hot water till thick, add the flour (sifted), stir together very lightly. Bake in well buttered tins in a moderate oven. Split open when cold and put jam or lemon cheese in the middle.

FEATHER CAKE.

1 lb. flour.

1 teaspoonful carbonate
of soda.

¾ lb. fine sugar.

2 ozs. butter or lard.

1 teaspoonful baking
powder.

1 egg.

2 teaspoonful cream of
tartar.

½ pint milk.

Mix all the dry things together and rub in the lard. Add beaten egg and milk, turn into a well greased flat tin and bake ½ hour in a moderate oven.

YORKSHIRE PARKIN.

1 lb. fine oatmeal.

½ teaspoonful carbonate
of soda.

1 lb. treacle.

¼ lb. butter.

2 tablespoonful demerara
sugar.

½ oz. ground ginger.

1 tablespoonful milk.

Rub the butter into the oatmeal, add the ginger and sugar. Melt the treacle, dissolve the soda in the milk. Mix all together and bake in a flat tin lined with paper in a moderate oven about 1 hour.

RICE BISCUITS.

¼ lb. butter.

Grated rind 1 lemon.

¼ lb. fine sugar.

Yolk of 1 egg.

6 ozs. rice flour.

2 ozs. flour.

Cream butter, sugar, and yolk of egg together, add rest of things, work with the hand to a paste. Roll out thinly and cut in shapes, and bake in a moderate oven.

HICKORY BISCUITS.

2½ ozs. butter.	¼ oz. ground ginger.
2 ozs. sugar.	1 egg.
2 ozs. flour.	½ tablespoonful orange
¼ lb. rice flour.	flower water.

Grated rind 1 lemon.

Rub the butter into the flour, rice and sugar, add ginger and lemon rind, then the orange flower water, and as much beaten egg as will mix all to a stiff paste. Roll out thinly and cut in fancy shapes and bake till crisp in a very moderate oven.

VANILLA BISCUITS OR JUMBLES.

¼ lb. butter.	1 egg.
¼ lb. sugar.	Essence of vanilla or
6 ozs. flour.	grated lemon rind.

Cream the butter and sugar together, add the flavouring, then the flour and beaten egg to mix stiff. Pass through a biscuit forcer or make into fancy shapes, bake on greased baking sheets in a moderate oven.

COCOANUT RUSKS.

½ lb. flour.	1 teaspoonful baking powder.
6 ozs. sugar.	1 egg.
2 ozs. desiccated cocoanut.	4 ozs. butter or lard.

Rub butter into flour, add rest of dry things, then work in the egg (beaten) to make a very stiff paste. Place in small pieces on a greased oven tin and bake in a very moderate oven.

ALMOND ROCKS.

½ lb. flour.	3 ozs. butter.
3 ozs. chopped almonds.	1 egg.
5 ozs. sugar.	1 teaspoonful baking
Milk and salt.	powder.

A few drops essence of almonds.

Rub butter into flour, mix all dry things together, add egg and milk to mix very stiff, place small lumps on a greased tin and bake in a moderate oven.

GINGER BISCUITS.

1 lb. flour.	1 oz. lemon peel.
$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ oz. ginger.
$\frac{1}{2}$ lb. demerara sugar.	$\frac{1}{2}$ lb. treacle.

Rub the butter into flour, and add sugar, ginger, lemon peel (chopped), and the treacle melted, mix well, roll out and cut into round cakes and bake in a cool oven.

ALMOND BISCUITS.

$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ lb. almonds (sweet).
$\frac{1}{4}$ lb. sugar.	$\frac{1}{2}$ lb. flour.
2 eggs.	$\frac{1}{4}$ teaspoonful baking powder.
A few drops essence of almonds.	A little milk if necessary.

Rub the butter into flour, add baking powder, sugar, almonds blanched and chopped and mix with the beaten eggs to a stiff paste, add flavouring and roll out into biscuits.

OATMEAL BISCUITS.

6 ozs. medium oatmeal.	1 teaspoonful baking powder.
5 ozs. finest oatmeal.	$\frac{1}{2}$ teaspoonful salt.
3 ozs. lard or butter.	1 egg.
3 ozs. sugar.	A little milk.

Rub the lard into the dry ingredients, add the egg and milk to mix to a very stiff paste. Roll out thinly, cut into biscuits, and bake on greased tins in a very moderate oven.

SCOTCH SHORTBREAD.

5 ozs. butter.	$\frac{1}{2}$ lb. flour.
2 ozs. sugar.	

Cream the butter, add the sugar, then work the flour in gradually, kneading it well. Roll out about half-an-inch thick, pinch the edges and prick all over with forks, bake in a moderate oven till a pale brown. It should be cut, if desired, as soon as it comes from the oven as it is very brittle when cold. The top may be garnished with sliced lemon peel and carraway comfits.

Puddings, Pancakes, and Fritters.

In cooking puddings, it must always be remembered that *steaming* produces lighter results than boiling, as in the latter process there is always a certain weight of water on the top which will prevent the pudding rising so much as it otherwise would do. A greased paper on the top of the pudding prevents the moisture getting into it, and always does away with the necessity of a pudding cloth, which requires careful attention to keep it sweet.

A pudding may be steamed, either by setting it in a pan of boiling water only sufficiently deep to come half-way up the mould; or in a steamer. In either case the pan should be closely covered and the water kept at boiling point all the time and replenished with *boiling* water when necessary.

PUDDINGS CONTAINING SUET require well cooking so that the suet is dissolved and becomes blended with the other ingredients.

PUDDINGS CONTAINING WHITES OF EGGS whisked stiffly should be cooked as soon as they are mixed with the other ingredients. They should be served immediately as they lose their lightness if allowed to stand.

CUSTARD PUDDINGS should be baked slowly so that the eggs do not curdle, or if steamed the water should only simmer.

A pudding containing baking powder should also be cooked as soon as mixed, or it will not be so light.

BATTERS of any kind, whether to bake, boil, or fry should always be mixed at least half-an-hour before they are cooked, then they are much lighter.

In cooking pancakes the smallest quantity of dripping is required merely to prevent the mixture sticking to the pan. It should only be melted not made hot.

FRITTERS require to be cooked in smoking hot dripping (*see directions for frying*).

SAVOURY PUDDING

$\frac{1}{2}$ lb. breadcrusts.	$\frac{1}{2}$ tablespoonful sage.
3 ozs. refined suet.	2 large onions (boiled).
2 tablespoonful oatmeal.	$\frac{1}{4}$ tablespoonful marjoram.
Salt and pepper.	1 egg.
$\frac{1}{4}$ pint milk.	

Soak the bread in cold water until soft, drain all water away and squeeze it as dry as you can, chop the suet and onions, beat the bread with a fork, add all the other ingredients and lastly mix with egg and milk. Make about $\frac{1}{2}$ oz. dripping hot in a tin and put the mixture in, spread it evenly over the tin and bake in a quick oven for about 45 minutes, let it stand a few minutes, then cut in squares and serve with gravy.

This pudding is generally served with roast goose or duck.

YORKSHIRE PUDDING.

$\frac{1}{4}$ lb. flour.	1 egg.
$\frac{1}{2}$ pint milk.	$\frac{1}{4}$ teaspoonful salt.

Beat the egg and add milk to it, stir them gradually into the flour, add the salt and let stand at least half-an-hour. Heat a little dripping in a tin, pour in the batter (it should be about $\frac{1}{4}$ inch in depth) and bake about 20 minutes in a quick oven. Cut in squares and serve with gravy.

SAVOURY BATTER PUDDING.

3 tablespoonful chopped boiled onions.	$\frac{1}{2}$ pint Yorkshire pudding batter.
1 teaspoonful sage.	

Mix all well together, pour in a dripping tin (with a little hot dripping in it) to the depth of half-an-inch, bake about half-an-hour. Cut in squares and serve with gravy and roast pork.

COCOANUT PUDDING.

$\frac{1}{2}$ pint milk.	5 ozs. desiccated cocoanut.
2 eggs.	Salt and nutmeg.
1 oz. butter (melted).	Short pastry.
$1\frac{1}{2}$ ozs. castor sugar.	

Mix all together with the eggs well beaten, line a pie dish with pastry and pour in the mixture, bake in a moderate oven till set. Serve hot or cold.

N.B.—If 2 ozs. breadcrumbs are added to the mixture it may be steamed 1 hour and served with custard sauce.

BAKED CUSTARD.

$\frac{1}{2}$ pint milk.	2 eggs.
$1\frac{1}{2}$ ozs. sugar.	Short pastry.

Grated lemon rind or nutmeg.

Warm the milk and sugar, when dissolved pour on to beaten eggs, add flavouring. Line a pie dish with the pastry, pour in the custard and bake in a moderate oven till set. Serve hot or cold.

ORANGE CUSTARD PUDDING.

1 pint of milk.	2 eggs.
2 ozs. sugar.	Grated rind of 1 orange.

Boil the milk, add it to the eggs beaten, also the sugar and orange rind. Pour into a greased pie dish and bake in a very slow oven until set. Serve hot or cold.

If the oven be very hot place the pie dish in a dripping tin of hot water.

BAKED LEMON PUDDING.

1 pint of milk.	2 lemons.
2 ozs. flour.	2 eggs.
2 ozs. butter.	3 ozs. sugar.

Some short pastry.

Melt the butter in a pan, add flour and then gradually the milk, add the grated lemon rind and stir until boiling. Add the sugar, and when cool the eggs beaten and juice of 1 lemon. Pour into a pie dish lined with pastry and bake about $\frac{3}{4}$ hour.

AMBER PUDDING.

$1\frac{1}{2}$ lbs. apples.	3 ozs. sugar.
1 lemon.	2 eggs.
1 oz. butter.	A few glacé fruits.

6 ozs. short pastry.

Peel, core, and slice the apples into a pan, add butter, sugar, and lemon rind and juice, cover and cook gently till

tender, then rub through a sieve, and when cool add the yolks of eggs. Line a pie dish with short pastry and decorate the edges, pour in the mixture and bake in a moderate oven. Whip the whites to a stiff froth, add 3 tablespoonful sugar and pile on top of pudding, garnish with the fruits and return to a cool oven to set.

N.B.—Gooseberries may be used in place of apples.

FIVE MINUTES PUDDING.

2 ozs. flour.	1 teaspoonful baking powder.
1½ ozs. sugar.	2 eggs.
Some jam.	A little flavouring.

Beat eggs well, then add sugar, and beat well and lastly add flour, to which has been added the baking powder and flavouring, turn into a well-buttered baking tin and bake in a quick oven for 5 minutes. Spread with jam and roll up, sift sugar on the top and serve with custard sauce.

CAMBRIDGE PUDDING.

½ lb. flour.	½ oz. candied peel.
3 ozs. lard or butter.	2 ozs. sultanas.
1 good teaspoonful baking powder.	Salt.
1 egg.	2 ozs. sugar.
	¼ pint milk.

Add salt and baking powder to flour and rub in lard, shred the peel, clean the raisins, add them with the sugar, then stir in the egg and milk, beat well together, turn into a flat tin well greased and bake in a moderate oven from 35 to 40 minutes, cut in squares and serve; or bake in a pie dish or mould and turn out whole.

FRIARS OMELET.

6 large apples.	1 oz. butter.
6 ozs. breadcrumbs.	1 oz. sugar.
1 or 2 eggs.	1 tablespoonful water.

Peel, core, and slice the apples, place them in a saucepan with the water and let them simmer to a pulp, then stir in sugar and butter, allow to cool a little, and add the egg, beaten. Butter a pudding dish, strew the bottom with a layer of breadcrumbs, and as many as will adhere to the

sides, pour in the mixture, then sprinkle more breadcrumbs on the top, and bake in a moderate oven for 1 hour. Turn out on to a dish and sprinkle with sugar. Serve with cream or custard.

RICE PUDDING.

2 ozs. rice.	2 ozs. sugar.
1 pint milk.	$\frac{1}{2}$ teaspoonful salt.

Throw the rice into boiling water, cook 10 minutes, then strain. Put into a pie dish with sugar, salt, and milk, and cook in a very slow oven about 2 hours.

SAGO OR TAPIOCA PUDDING.

2 ozs. sago or tapioca.	2 tablespoonful sugar.
1 pint milk.	1 egg.
	$\frac{1}{4}$ teaspoonful salt.

Soak the sago for 1 hour in water, then strain and put into a pan with milk and salt, and simmer gently 20 to 30 minutes. Add sugar and let it cool. Beat the egg, add it to the mixture, pour into a buttered pie dish, and bake till set.

GROUND RICE PUDDING.

$1\frac{1}{2}$ ozs. ground rice.	1 egg.
1 pint of milk.	$\frac{1}{2}$ oz. butter.
2 tablespoonful sugar.	Thinly pared rind of $\frac{1}{2}$
$\frac{1}{4}$ teaspoonful salt.	lemon.

Boil the milk, lemon rind, and butter together, strain on to the ground rice, which has been smoothly mixed with cold milk, add salt and return to the pan, stir over a gentle heat and cook till it leaves the pan sides clean, then take off add sugar and when cooled a little the yolk of egg and white whisked stiffly, turn into a well greased pie dish and bake for 20 minutes.

BROWN BREAD PUDDING.

3 ozs. brown bread crumbs.	2 ozs. butter.
$\frac{2}{3}$ pint milk.	1 tablespoonful sugar.
3 eggs.	2 or 3 tablespoonful jam.

Dissolve the sugar and butter in milk, when boiling pour over the crumbs and let them stand till cool, add the yolks of eggs, spread a layer of jam at the bottom of a pie dish,

pour the mixture over it and bake in a moderate oven till set. Whip the whites to a stiff froth, add 1 tablespoonful sugar and a little flavouring, pile on the top of pudding and return to oven to set.

QUEEN PUDDING.

2 ozs. breadcrumbs.	2 eggs.
$\frac{1}{2}$ pint milk.	Grated rind $\frac{1}{2}$ lemon.
$1\frac{1}{2}$ ozs. sugar.	$\frac{1}{2}$ oz. butter.
Jam.	Salt.

Boil the milk, pour it on to the sugar, crumbs, butter, and lemon, add salt, and yolks of eggs. Turn into a buttered pie dish and bake in a moderate oven till set. Cover with a thin layer of jam. Whisk the whites of eggs stiffly, add 1 tablespoonful sugar, and pile on the top and return to a cool oven till firm.

OXFORD PUDDING.

1 oz. butter.	$\frac{1}{4}$ teaspoonful salt.
1 oz. flour.	$\frac{1}{2}$ pint milk.
$1\frac{1}{2}$ ozs. sugar.	1 tablespoonful jam.
2 eggs.	A few cake crumbs.
Rind $\frac{1}{2}$ lemon (grated).	Short pastry.

Melt the butter in pan, add the flour; stir in the milk gradually. When boiling, add sugar and lemon and let it cool, stir in the salt and 1 egg and 1 yolk well beaten. Line a pie dish with the pastry, spread the jam at the bottom, sprinkle the crumbs over it, pour in the mixture, and bake in a moderate oven till set. Whip the white of egg to a stiff froth, add 1 tablespoonful sugar and pile on top of pudding, sprinkle with sugar and return to the oven to set. Serve hot or cold.

HILTON PUDDING.

$\frac{1}{2}$ lb. figs.	1 egg.
3 ozs. stale bread.	$1\frac{1}{2}$ tablespoonful sugar.
$\frac{1}{2}$ pint milk.	A little grated nutmeg.

Cut the figs in half, split them and line a greased basin with them. Cut the bread in squares, dissolve the sugar in the milk, add to beaten egg with nutmeg. Pour carefully into the basin, cover with greased paper and steam $\frac{3}{4}$ hour.

N.B.—A similar pudding may be made by decorating a mould with stoned raisins instead of lining it with figs.

APPLE AND CURRANT ROLY POLY.

$\frac{1}{2}$ lb. suet pastry (*see recipe*). 2 ozs. currants.
A little nutmeg. $\frac{1}{2}$ lb. apples.

Slice the apples into a pan with a tablespoonful of water cook till they will beat to pulp, add sugar to sweeten and let them cool. Roll out the pastry thinly, spread the apple pulp over it, sprinkle with currants and nutmeg, wet the edges and roll up. Then roll it in greased paper, fasten in a cloth and plunge into boiling water, cook $1\frac{1}{2}$ to 2 hours. Remove cloth and paper and serve with sweetened melted butter.

LITTLE MARIE PUDDINGS.

2 eggs. 4 ozs. flour.
4 ozs. butter. $\frac{1}{4}$ teaspoonful baking
4 ozs. castor sugar. powder.
Rum syrup. 1 oz. glacé cherries.

Apricot glaze.

Beat the butter to a cream, add sugar, then the eggs and lastly flour, cherries and baking powder, turn into small greased cups and bake in a moderate oven 20 minutes. Turn out, pour rum syrup over them, and then cover with apricot glaze.

RUM SYRUP.

$\frac{3}{4}$ lb. lump sugar. $\frac{3}{4}$ pint water.
1 $\frac{1}{2}$ wineglassful of rum.

Boil sugar and water together until thick, then add rum and it is ready.

GLAZE.

2 tablespoonful apricot jam.
 $\frac{1}{2}$ a $\frac{1}{4}$ pint water.

Mix well together in a pan and stir over the fire until thick, strain and use at once.

DARMSTADT PUDDING.

2 ozs. macaroon biscuit crumbs.	1½ tablespoonful marmalade.
2 ozs. butter.	4 eggs.
½ oz. sugar.	A good short pastry.

Beat butter to a cream, pound the macaroons, then add them to butter, with yolks of eggs, marmalade, and sugar. Line a pie dish with pastry, pour the mixture in and bake half-an-hour. Whisk the whites of eggs and place on top, allow to set, and serve hot or cold.

[ORANGE SOUFFLEES.

4 oranges.	1 large dessertspoonful cornflour.
1½ ozs. castor sugar.	2 eggs.
1½ ozs. butter.	½ teaspoonful orange flower water.

Select large firm oranges, cut the top from each and scoop out the inside. Rub the pulp through a fine sieve, and add the cornflour. Mix the yolks of eggs and butter in a pan till thick, add the orange pulp and stir till they boil, then let them cool. Whisk the whites very stiffly and stir them in lightly with the orange flower water, about three-quarters fill the orange skins and put the remainder of the mixture in small greased soufflé cases and bake in a moderate oven 15 minutes. Serve at once.

PLAIN CUP PUDDING.

½ lb. flour.	Grated rind 1 lemon.
¼ lb. sugar.	1 egg.
1 oz. butter.	¼ pint milk.
1 teaspoonful baking powder.	

Rub the butter into the flour, add sugar, baking powder, and lemon, beaten egg and milk to mix like a cake. Steam or bake in buttered cups. Turn out and serve with jam or lemon sauce. They will take about ¾ hour to steam and 20 minutes to ½ hour to bake.

APPLE CHARLOTTE.

2 lbs. apples.	3 or 4 ozs. butter.
¼ pint water.	Very thin slices of bread.
Sugar to sweeten.	Grated lemon rind if liked.

Peel and cut up the apples, cook them in a pan with the water, flavouring, and sugar until reduced one-half. Melt the butter and pour it off the sediment. Cut a round of bread to fit the bottom of a plain round tin, dip it in butter and lay in the bottom. Line the sides of the tin with fingers of bread also dipped in butter, fill with the apple, cover with another round of bread dipped in butter, and bake in a quick oven until the bread is quite crisp. Turn out and garnish with whipped cream or sweetened white of egg.

A plainer charlotte may be made by putting alternate layers of apple, and breadcrumbs with a few bits of butter.

SWISS PUDDING.

1 lb. apples.	3 ozs. sugar.
6 ozs. breadcrumbs.	1 oz. butter.
3 ozs. suet.	2 tablespoonful water.

Peel, core, and cook the apples in a pan with sugar and water until they will beat to a pulp. Chop the suet finely and mix with crumbs. Grease a pie dish and line it with the suet and crumbs, put in a layer of apple, then a layer of crumbs and repeat. Put the butter in small pieces on the top and bake in a quick oven about half-an-hour. Turn out and serve with custard.

BREAD AND BUTTER PUDDING.

5 or 6 thin slices of bread and butter.	2 ozs. desiccated cocoanut. Grated nutmeg.
$\frac{2}{4}$ pint milk.	2 eggs.
2 ozs. sugar.	

Dissolve the sugar in the milk, pour on to beaten eggs, add nutmeg. Put a layer of bread at the bottom of a greased pie dish, sprinkle with cocoanut and repeat till the dish is about three-parts full. Pour the egg and milk carefully over and let the pudding stand about 1 hour, then bake in a quick oven till set.

N.B.—Currants, raisins, or chopped candied peel may be substituted for the cocoanut.

BOILED LEMON PUDDING.

2 ozs. flour.	3 ozs. breadcrumbs.
2 ozs. sugar.	2 ozs. suet.
1 lemon.	1 small teaspoonful
1 egg.	baking powder.

A little milk.

Add baking powder to flour, with suet chopped finely, sugar, breadcrumbs, rind, and juice of lemon, then mix with egg and milk, turn into a greased pudding mould and steam for 2 hours.

ORANGE PUDDING.

$\frac{1}{4}$ lb. breadcrumbs (rather dry).	1 oz. butter.
$\frac{1}{2}$ pint milk.	2 oranges.
2 ozs. sugar.	2 eggs.

Boil the milk and pour on to the crumbs, add butter and sugar and grated rind of oranges. When cool add eggs (well beaten) and juice of 1 orange. Pour into well buttered cups or darioles, cover with greased paper and steam 15 to 20 minutes. Serve with cream.

This mixture may also be baked in a greased pie dish half-an-hour. Lemon can be substituted for orange, but more sugar will be required.

SULTANA PUDDING.

2 eggs.	5 ozs. flour.
4 ozs. butter.	3 ozs. sultanas.
3 ozs. sugar.	$\frac{1}{4}$ teaspoonful baking powder.

Cream the butter and sugar together, add eggs well beaten, flour and baking powder sifted, and raisins. Turn into well buttered cups and steam $\frac{3}{4}$ hour, or bake 20 minutes. Serve with fruit sauce.

STRAWBERRY OR RASPBERRY PUDDING.

Proceed as above, adding 2 tablespoonful stiff jam in place of the sultanas.

MARMALADE PUDDING.

3 ozs. breadcrumbs.	2 tablespoonful marmalade.
2 ozs. suet.	$\frac{1}{4}$ teaspoonful salt.
2 ozs. flour.	$\frac{1}{4}$ teaspoonful baking powder.
1 oz. sugar.	1 egg and $\frac{1}{4}$ pint milk.

Shred and chop the suet, mix all dry things, add marmalade, egg and milk, turn into a greased basin and steam 2 hours.

OMNIBUS PUDDING.

6 ozs. flour.	4 ozs. suet.
6 ozs. raisins (stoned).	4 ozs. golden syrup.
$\frac{1}{2}$ pint milk.	2 tablespoonful sugar.
Pinch of salt.	1 egg.
$\frac{1}{2}$ teaspoonful baking powder.	

Add salt and baking powder to flour, chop suet, and add all dry ingredients together, then mix with half the treacle, and the milk, and egg, mix well together. Then grease a basin, pour the remainder of treacle in the bottom of basin, turn in the mixture, cover with a greased paper and steam $3\frac{1}{2}$ hours.

PLUM PUDDING.

$\frac{3}{4}$ lb. flour.	$1\frac{1}{2}$ lb. currants.
$\frac{3}{4}$ lb. breadcrumbs.	$\frac{1}{2}$ lb. brown sugar.
$1\frac{1}{4}$ lb. raisins.	$1\frac{1}{4}$ lbs. suet (chopped).
1 large tablespoonful treacle.	10 eggs.
1 small nutmeg grated.	Pinch of salt.
	$\frac{1}{4}$ lb. candied peel.

Mix all the ingredients together and allow to stand overnight, then add a wineglassful of brandy and as much milk as is necessary to make it light. Turn into pudding basins and steam for 8 or 9 hours, serve with brandy-butter or sauce.

SODA PUDDING.

5 ozs. flour.	1 oz. raisins.
2 ozs. suet.	2 ozs. currants.
2 tablespoonful golden syrup.	1 oz. candied peel.
1 egg.	1 teaspoonful carbonate of soda.
1 teacupful boiling milk.	

Chop suet very finely and mix it with the flour, add sugar, currants, raisins, chopped candied peel. Dissolve the soda in milk and stir it into the mixture with the beaten egg, stir well and turn into a greased pudding basin, cover with a greased paper and steam from 2 to 3 hours.

STEAMED CHOCOLATE PUDDING.

3 ozs. stale sponge cake.	1 oz. sugar.
1½ ozs. grated chocolate.	½ pint milk.
Salt and vanilla.	2 eggs.

Warm milk and dissolve chocolate and sugar in it, pour on to the beaten eggs, add sponge cake, turn into a greased mould and steam for $\frac{3}{4}$ hour.

GINGER PUDDING.

½ pint milk.	3 ozs. flour.
2 ozs. sugar.	2 eggs.
2 ozs. butter.	3 ozs. preserved ginger.

Put the milk on to get hot, add sugar and butter, and when boiling add the flour, stir well and cook about 5 minutes, when cool add eggs well beaten and ginger cut in small pieces, turn into a greased mould and steam 1 hour. Serve with custard sauce, flavoured with syrup of ginger.

STEAMED BREAD PUDDING.

½ lb. scraps of bread.	2 ozs. sugar.
2 ozs. refined suet.	1 egg.
3 ozs. currants.	¼ pint milk.
Nutmeg.	Salt.

Soak the crusts in cold water until soft, drain all the water away and squeeze with a plate as dry as possible, beat it with a fork, then add suet, currants (cleaned), salt, nutmeg, and sugar, mix with the beaten egg and milk, turn into a greased basin, cover with greased paper and steam 1½ hours.

HALF PAY PUDDING.

¼ lb. suet.	¼ lb. raisins.
¼ lb. currants.	¼ lb. flour.
¼ lb. breadcrumbs.	3 tablespoonful treacle.
1 small teaspoonful baking powder.	½ pint milk.

Add baking powder to flour, then the breadcrumbs, suet (chopped finely), currants and raisins, and the treacle (melted), and mix well with the milk, turn into a greased pudding basin, cover with greased paper and steam 3½ hours.

VIENNESE PUDDING.

$2\frac{1}{2}$ ozs. bread without crust. $1\frac{1}{2}$ ozs. sultanas.
 $1\frac{1}{2}$ ozs. castor sugar. $\frac{1}{2}$ oz. loaf sugar.
 1 oz. candied peel. $\frac{1}{2}$ a lemon.
 $1\frac{1}{2}$ eggs. 3 tablespoonful sherry.
 Rather more than $\frac{1}{4}$ pint milk.

Cut the bread into small squares and place it in a basin with the peel (chopped), sugar, raisins, grated lemon, and sherry. Break up the loaf sugar, place it in an old sauce pan and let it become a dark brown. Add the milk and strain on to the beaten eggs, pour on to the bread, then turn all into a greased mould. Cover with greased paper and steam 35 minutes, turn out and serve with German sauce.

GINGERBREAD PUDDING.

$\frac{3}{4}$ lb. flour. 1 teaspoonful baking powder.
 $\frac{1}{4}$ lb. suet. 1 teaspoonful ground ginger. *Scissors*
 2 tablespoonful sugar. $\frac{1}{2}$ teaspoonful salt.
 $\frac{1}{2}$ lb. treacle. Not quite half-a-pint milk. *—*

Add baking powder, salt, and ginger to flour, chop suet finely, add it with the sugar, just melt the treacle and add with the milk, mix well together, then turn into a greased basin, cover with a greased paper, and steam for about three hours.

N.B.—An egg may be added if liked.

FIG PUDDING.

$\frac{1}{4}$ lb. breadcrumbs. $\frac{1}{4}$ lb. suet.
 $\frac{1}{4}$ lb. flour. 2 tablespoonful brown
 $\frac{1}{2}$ lb. figs. sugar.
 2 tablespoonful minced 1 teaspoonful, baking
 apple. powder.
 $\frac{1}{4}$ teaspoonful salt. A little nutmeg.
 Rather more than half-a-pint milk.

Cut the figs into small square pieces, chop the suet finely. Mix the figs, apple, and all the dry things together, add milk, and turn into a well greased basin, cover with a well greased paper and steam for two hours.

TREACLE AND SUET PUDDING.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ teaspoonful baking powder.
3 ozs. chopped suet.	
Treacle.	$\frac{1}{2}$ teaspoonful salt.
Lemon juice.	Breadcrumbs.

Mix salt, baking powder, and suet with flour; mix to a stiff paste with cold water, roll out; line a well greased basin with it, pour a little treacle in, sprinkle with breadcrumbs and lemon juice, put a layer of paste on this, then more treacle, and so on until the basin is filled; cover with a lid of the paste, then with a greased paper and steam two-and-a-half to three hours.

CHOCOLATE SOUFFLE.

$\frac{1}{4}$ lb. breadcrumbs.	$\frac{1}{2}$ pint milk.
2 ozs. sugar.	$\frac{1}{2}$ oz. butter.
1 oz. grated chocolate.	2 eggs.

Boil the milk, sugar, and chocolate together, add the crumbs and butter and let all stand in a warm place for a few minutes, then let the mixture cool, add a few drops of vanilla essence and the yolks of the eggs, then stir in lightly the whites of the eggs whipped to a stiff froth, pour into a well buttered dish and bake in a moderate oven about 20 minutes. Serve quickly as soon as baked.

SEMOLINA SOUFFLE.

1 pint milk.	2 ozs. castor sugar.
3 ozs. semolina.	$\frac{1}{2}$ oz. butter.
3 eggs.	Salt.

A little grated lemon rind.

Mix the semolina with a little milk, boil the rest in a pan with the flavouring, pour it on to the semolina, return to pan and stir until it boils, add sugar and butter and cook for about five minutes; allow to cool, then separate the yolks from eggs, add them to the mixture. Whisk up the whites to a stiff froth, stir them lightly into mixture. Have ready a prepared soufflé tin, turn in the mixture, cover with a greased paper and steam for one hour or bake in a buttered dish $\frac{1}{2}$ hour. Serve with marmalade sauce.

CUP CUSTARD PUDDING.

$\frac{1}{4}$ pint milk. 1 egg.
 $\frac{1}{2}$ tablespoonful sifted sugar.

Melt the sugar in the milk, beat the egg, add milk to it, and turn into a cup greased with butter, cover with buttered paper and steam very gently for twenty minutes. Let it stand two minutes, then turn out.

N.B.—This may be steamed in an ordinary pan having the water half way up the side of cup.

STEWART PUDDING.

$\frac{1}{2}$ lb. flour. 2 ozs. sugar.
 3 ozs. suet. $\frac{1}{4}$ teaspoonful salt.
 $\frac{1}{2}$ teaspoonful baking powder. 1 egg.
 $\frac{1}{4}$ pint milk.
 3 ozs. sultanas.

Chop the suet finely with some of the flour, mix all the dry things together, add the egg (well beaten) and the milk. Turn into a greased basin, cover with greased paper, and steam two hours. Turn out and serve with sweetened melted butter.

BACHELOR'S PUDDING.

2 ozs. breadcrumbs. $\frac{1}{2}$ teaspoonful baking powder.
 2 ozs. flour. $\frac{1}{2}$ teaspoonful ground ginger.
 2 ozs. chopped suet. 1 egg.
 2 ozs. sultanas. 2 or 3 tablespoonful milk.
 2 ozs. sugar.

Mix all the dry ingredients together, add egg and milk put into a greased basin, cover with greased paper, and steam $1\frac{1}{2}$ hours. Turn out and serve with sweet sauce.

CABINET PUDDING.

3 Sponge buns. $\frac{1}{2}$ pint milk.
 4 macaroon biscuits. $\frac{1}{4}$ pint cream.
 1 oz. ratafia biscuits. 2 tablespoonful sherry.
 $1\frac{1}{2}$ ozs. sugar. 3 eggs.
 Glacé cherries and angelica.

Butter a plain round mould and decorate with the fruits. Dissolve the sugar in the milk, and pour on to beaten eggs. Fill up the mould with slices of sponge cake mixed with ratafias and macaroons; add the sherry to the custard and strain into the mould; cover with a greased paper and steam very gently one hour. Let it stand two or three minutes before turning out, and serve with German sauce.

BOILED BATTER PUDDING.

5 ozs. flour.	$\frac{3}{4}$ pint milk.
2 eggs.	1 $\frac{1}{2}$ ozs. sugar.
Pinch of salt.	

Beat the eggs and add the milk to it. Stir this smoothly into the flour, add salt and sugar and let it stand for half-an-hour. Well butter a basin, pour in the batter, cover with a piece of greased paper and steam 1 $\frac{1}{4}$ hours.

VEGETABLE PLUM PUDDING.

$\frac{1}{4}$ lb. grated potatoes.	$\frac{1}{4}$ lb. grated carrot.
$\frac{1}{4}$ lb. sugar.	$\frac{1}{4}$ lb. currants.
2 ozs. raisins.	4 ozs. suet.
$\frac{1}{4}$ lb. flour.	1 oz. candied peel.
1 egg.	A little nutmeg.
1 teaspoonful salt.	A little milk, if necessary.

Chop suet and candied peel, pick the raisins and currants and mix all dry things together. Beat the egg and stir it into the other things with about two tablespoonful of milk, beat well, then turn into a greased basin, cover with a greased paper and steam for 3 hours.

LEICESTER PUDDING.

$\frac{1}{2}$ lb flour.	4 ozs. suet.
$\frac{1}{2}$ teacupful raspberry jam.	1 teaspoonful carbonate
2 ozs. moist sugar.	of soda.

Rather more than $\frac{1}{4}$ pint of milk.

Chop suet finely, add it to the flour, add jam, sugar, and milk, and lastly soda. Turn into a well greased basin, cover with paper and steam 2 $\frac{1}{2}$ hours. Serve with custard or arrowroot sauce.

IRIS PUDDING.

2 ozs. butter.	1 egg.
2 ozs. sugar.	$\frac{1}{4}$ teaspoonful baking
$2\frac{1}{2}$ ozs. flour.	powder.
1 teaspoonful powdered	Little milk.
chocolate.	Essence of vanilla.

Cream the butter and sugar together, add the egg, flavouring, flour and baking powder, and milk, divide the mixture into three basins, colour one pink, add the chocolate to another. Put in alternate spoonfuls in a buttered mould; steam 1 hour. Turn out and serve with custard or fluff sauce.

KENDAL PUDDING.

$\frac{1}{4}$ lb. castor sugar.	$\frac{1}{5}$ tablespoonful lemon juice
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Place together in a pan and burn till they are a light brown (caramel), pour into a hot tin or basin and run it all round, then put into cold water to set.

2 ozs. whole rice.	Pinch of salt.
1 pint milk.	2 ozs. candied peel.
2 ozs. sugar.	Grated rind $\frac{1}{2}$ lemon.

2 small eggs.

Boil the milk, add the rice, and cook until quite thick, then add sugar and salt and let it cool. Shred the peel finely, add to the rice with lemon rind and well beaten eggs. Pour the mixture into the lined basin, cover with greased paper and steam $\frac{3}{4}$ hour.

CARAMEL PUDDING.

2 ozs. breadcrumbs.	2 ozs. savoy biscuit
3 ozs. lump sugar.	crumbs.
2 eggs.	1 oz. castor sugar.
1 tablespoonful lemon juice	1 pint of milk.

Vanilla essence.

Put the lump sugar into an old pan with the lemon juice, heat until it turns coffee colour, shake the pan gently to prevent burning; then add the milk, set over a small gas jet until the sugar dissolves in the milk, strain over the biscuits and breadcrumbs. Add sugar, vanilla, and yolks of eggs; lastly stir in the whites of eggs whipped to a stiff froth.

Butter a mould and dust with sugar, pour in the mixture, allowing it to come within an inch of the top. Cover with buttered paper and steam very slowly about 1 hour.

SAXON PUDDING.

2 ozs. ground almonds.	2 ozs. butter.
3 ozs. stale madeira cake.	2 ozs. sugar.
$\frac{1}{4}$ pint single cream.	2 eggs.
2 ozs. preserved pineapple.	1 oz. finest rice flour.

Scald the cream and pour over the cake and beat to a pulp, add the almonds. Cream the butter, sugar and yolks together, add the cream mixture, rice flour, and the pineapple cut into tiny squares. Stir in the whites of eggs whisked stiffly. Take a plain mould and after well buttering it, decorate with candied peel or glacé fruits, turn the mixture into it and steam $\frac{3}{4}$ hour, turn out and serve with fruit sauce.

QUEEN'S FRUIT PUDDING.

6 penny sponge buns.	$\frac{1}{2}$ pint custard (<i>see recipe</i>).
Some well sweetened stewed fruit.	Whites of 2 eggs.

Slice the buns and place a layer at the bottom of a pie dish, soak with custard, cover with stewed fruit, then another layer of sponge cake, and custard, repeat until the dish is filled. Whisk the whites of eggs stiffly, add a small table-spoonful of castor sugar and pile on the top of pudding, sprinkle with fine sugar and place in a slow oven for a few minutes to set.

BEN RHYDDING PUDDING.

6 penny sponge buns.	Sugar to sweeten.
$1\frac{1}{2}$ lbs. rhubarb or other fruit.	

Cut up the fruit and stew with the sugar until reduced to pulp, allow to cool.

Slice the sponge buns and line a basin entirely with them and fill up with alternate layers of fruit and sponge cake, leaving a layer of sponge cake for the top, press lightly with a plate and weight on top and let it stand for 2 or 3 hours. Turn out and cover with thick custard or decorate with whipped cream.

N.B.—This pudding may also be made with plain tea-cakes sliced thinly, or thin slices of bread.

PANCAKES

4 ozs. flour.
 $\frac{1}{2}$ pint milk.

2 eggs.
 $\frac{1}{2}$ teaspoonful salt.

Some clear dripping.

Put the flour into a basin, add salt to it, then beat up the eggs, add milk to eggs and stir them smoothly into the flour using a wooden spoon, and let it stand half-an-hour. Melt a little lard or dripping in frying pan, pour in enough batter to cover the bottom of pan, when the under side is brown turn or toss the pancake, and cook till brown, sprinkle with sugar and lemon juice and serve very hot.

CHOCOLATE PANCAKES.

3 ozs. sugar.
 4 ozs. flour.

4 ozs. grated chocolate.
 $\frac{1}{2}$ pint milk.

2 eggs.

Mix the chocolate smoothly with cold milk, $\frac{1}{2}$ boil the rest and pour on to it, return to the pan and stir till smooth, add the sugar and let it cool. Whisk the eggs well, stir into the flour, add chocolate and let the batter stand till cold. Then fry as in preceding recipe, sprinkle with sugar, roll up and serve very hot.

SWISS PANCAKES.

$\frac{1}{2}$ pint milk.
 1 oz. sugar.
 Pinch of salt.

1 oz. flour.
 2 small eggs.
 Some jam.

Beat the eggs, add sugar and milk to them, now stir these very smoothly on to the flour, grease some saucers, put the mixture into them and bake in a quick oven from 15 to 20 minutes, then turn them out on to a hot dish, put a little jam into the centre of each, fold over and sift with a little sugar.

AMERICAN DOUGHNUTS.

$\frac{1}{2}$ lb. flour.
 1 oz. butter.
 1 egg.
 Some stiff jam.

$\frac{1}{4}$ oz. yeast
 $\frac{1}{2}$ tablespoonful sugar.
 A little lukewarm milk.
 Hot fat.

Mix the yeast with a little sugar and lukewarm water.

Rub butter into flour, add sugar and salt and pour yeast into the middle, adding a little of the milk, let it stand 15 minutes, and mix to a light dough with the egg and the rest of milk, and let it rise for at least 1 hour, now roll out quickly, then cut out and line some well floured patty tins, put a little jam in centre of each, cover with a lid of dough wetting the edges, and allow to rise again half-an-hour, now slip out into hot fat and fry for about 6 or 7 minutes, roll in castor sugar and serve.

RICE CROQUETTES.

$\frac{1}{2}$ lb. carolina rice.	4 ozs. castor sugar.
$1\frac{1}{2}$ pints milk.	Rind one lemon.
1 oz. butter.	Egg and crumbs.
3 yolks of eggs.	Dripping for frying.

Wash the rice thoroughly, place in a saucepan with the milk and lemon rind (grated) and simmer gently, closely covered, till tender; then add the yolks of eggs, butter, and sugar, turn out on a plate to cool. When cold divide into equal portions and make into rolls or pear shapes, brush over with beaten egg and roll in crumbs, and fry in hot fat till brown. Drain and sprinkle with sugar, garnish with angelica, and serve with fruit syrup.

FRITTERS.

$\frac{3}{4}$ lb. flour.	1 tablespoonful sugar.
3 ozs. currants.	Grated rind $\frac{1}{2}$ lemon.
$1\frac{1}{2}$ ozs. raisins.	$\frac{3}{4}$ oz. yeast.
Saltspoonful cinnamon.	1 oz. lard.
Saltspoonful salt.	$\frac{1}{2}$ pint warm milk.
1 large apple (chopped finely).	

Crumble the yeast into a little milk and let it rise. Warm the flour in a bowl. Melt the lard in the remainder of milk. Pour the yeast into the centre of the flour, add the lard and milk and let it rise a few minutes longer. Add the rest of the things and beat to a stiff batter, let it rise in a warm place about 1 hour. Heat a little dripping in a frying pan, put in the batter in large spoonfuls and when well browned underneath turn over and cook till brown. Drain on paper, dish up and sprinkle with sugar, and serve with sugar and lemon.

APPLE FRITTERS.

3 or 4 large apples. Fine sugar.
 $\frac{1}{4}$ pint frying batter (*see recipe*).

Peel and core the apples whole, slice them in thick rings, dip in batter and drop into smoking hot fat, fry till brown. Sprinkle well with sugar and serve hot.

PINEAPPLE FRITTERS.

1 tin whole pineapple. Fine sugar.
 $\frac{1}{4}$ pint frying batter.

Slice the fruit half-an-inch thick, and cut in half, dip in fine sugar to thickly cover, then into frying batter and proceed as before.

BANANA FRITTERS.

Cut the bananas in half lengthways and proceed as before.

ORANGE FRITTERS.

Remove the rind and white skin, cut in slices and remove the pips, dip in sugar, then in batter as before.

SOUFFLE FRITTERS OR BEIGNETS.

Choux pastry. Flavouring essence.

Flavour the pastry with orange flower water, or grated lemon rind, or flavouring essence, drop in teaspoonfuls into hot fat and fry till well browned, drain, sprinkle with sugar and serve with fruit sauce.

CREAM FRITTERS.

1 oz. cornflour. $\frac{1}{4}$ pint milk.
 2 ozs. sugar. $\frac{1}{4}$ pint cream.
 1 oz. butter. Flavouring essence.
 1 egg and 2 yolks. Egg and cake crumbs.

Mix the cornflour smoothly with cream, boil the milk with sugar and butter, pour on to cornflour, return to pan with rest of cream beaten with eggs, cook till thick, then pour on to a plate to cool. Make up into fancy shapes, brush with beaten egg and cover with cake crumbs and fry in hot dripping. Serve hot with fruit syrup.

CORNFLOUR MOULD.

1½ ozs. patent cornflour. 1¼ pints milk.
2 ozs. sugar. ¼ teaspoonful salt.

Essence of vanilla or other flavouring.

Mix the cornflour smoothly with cold milk, boil the remainder with sugar and salt, stir on to the cornflour, return to the pan and cook until it leaves the sides of the pan (about 10 minutes), add the flavouring and pour into a wet mould. A beaten egg may be added to make the mould richer. Cover the mould with a plate to prevent a skin forming on the top.

CHOCOLATE MOULD.

Proceed as above, adding 2 tablespoonful grated chocolate to the milk before boiling it, flavour with vanilla.

ORANGE OR LEMON MOULD.

2 oranges and ½ lemon Yolks of 2 eggs.
or 2 lemons. 1 pint water.
6 ozs. loaf sugar. 1½ ozs. cornflour.

Mix the cornflour with a little of the water, boil the rest with the sugar and thinly pared rind for 10 minutes. Strain on to the cornflour, add the strained juice, then the yolks of eggs, return to pan and cook well (10 minutes), pour into a wet mould and when cold turn out.

GROUND RICE MOULD.

1 pint milk. 2 ozs. medium ground rice.
1½ tablespoonful sugar. Salt.

Mix the ground rice with a little cold milk, put the rest in a pan with sugar, when it boils pour over the rice, add salt, return to pan and stir until it boils; let it boil for 10 minutes, then turn into a mould rinsed out with cold water, allow to get quite cold, turn out and serve with stewed fruit.

DEVONSHIRE JUNKET.

1 quart new milk. 2 ozs. sugar.
A wineglassful of brandy. 1 tablespoonful rennet.
Nutmeg.

Warm the milk to blood heat, dissolve the sugar in it, add the brandy, stir in the rennet and set aside to get quite cold. Grate a little nutmeg on the top and serve with stewed fruit.

✧ ICINGS. ✧

PLAIN WATER ICING.

1 tablespoonful boiling water. $\frac{1}{4}$ lb. sifted icing sugar.

Mix the sugar and water together to the consistency of good cream, and use whilst warm.

N.B.—This icing may be coloured with cochineal or other colourings, as desired.

In icing little cakes, the bowl containing the icing should be set in another bowl of hot water, to prevent it getting cold whilst icing.

The icing can be smoothed in covering a large cake with a knife dipped in hot water.

CHOCOLATE ICING.

6 ozs. icing sugar. 2 tablespoonful boiling
2 ozs. grated chocolate. water.

Mix the chocolate and water together till smooth, then add the sugar.

COFFEE ICING.

1 good tablespoonful hot coffee. 4 ozs. sugar.

Pass the icing sugar through a sieve, place in a basin and mix well with coffee until it will run easily from the spoon, and use at once.

LEMON OR ORANGE ICING.

$1\frac{1}{2}$ tablespoonful lemon 6 ozs. icing sugar.
or orange juice.

Pass the icing sugar through a hair sieve, place in a pan with the juice, work well until liquid; and just allow to get warm over the gas and use at once.

ALMOND ICING.

- | | |
|---|--------------------------------------|
| 1 lb. ground almonds. | 1 lb. castor sugar. |
| • $\frac{1}{4}$ teaspoonful essence of almonds. | 1 tablespoonful orange flower water. |
| 3 eggs, using the whites of two only. | |

Mix sugar and almonds together, add the flavourings and mix with the beaten eggs, mixing to a stiff paste.

ROYAL ICING.

- | | |
|-----------------------------|-------------------------|
| 1 lb. icing sugar (sifted). | The whites of two eggs. |
| $\frac{1}{2}$ a lemon. | 1 drop of washing blue. |

Pass sugar through a sieve, place the whites of eggs in a basin, and gradually add the sugar a little at a time, beating well, add lemon juice and blue and beat in the sugar until it will not drop from the spoon when it is raised from the bowl. Spread over cake and smooth with a knife dipped in cold water. Keep the icing covered with a wet cloth when using it for piping, to prevent it drying in the bowl.

VIENNA ICING.

- | | |
|----------------------|------------------------|
| 3 ozs. fresh butter. | A few drops essence of |
| 6 ozs. icing sugar. | vanilla or other |
| A little cochineal. | flavouring. |

Pass the icing sugar through a hair sieve, beat the butter to a cream, add the sugar and flavouring, mix well, then use in a forcing bag.



Cold Sweets, Jellies, and Creams.

More gelatine is required for stiffening creams and jellies in hot weather than in cold. French leaf gelatine can be dissolved at once without soaking, but all other kinds dissolve most readily if soaked about an hour in the liquid before stirring over the heat.

Great care should always be taken to allow the gelatine mixture to get quite cold before stirring it into whipped cream, or it will cause it to run thin again and lose its lightness. On the other hand if it is too cold, it will set in lumps as it is stirred in. It is important that a cream mixture should be thick before turning it into a mould, or the weight of the gelatine will cause it to settle to the bottom, it should be stirred frequently whilst setting to avoid this occurring.

In Making Jellies the pan must be very smooth inside to avoid burning and should not be more than half full, so that there is room for the jelly to boil up well. The jelly should not be disturbed after it comes to boiling point. The jelly bag or cloth through which it is strained should be made hot by wringing out in hot water before passing the jelly through it, and the jelly should be returned through the bag until it runs quite clear. Let it stand in a warm place and it will run through more quickly.

Jellies and Creams should be put into wet moulds rinsed in cold water, this makes them brighter.

In turning Out Jellies and Creams they should be dipped to the edge of mould in *warm* not hot water, well shaken, and dipped again if not loose, then the dish on which they are to be served should be placed over them, inverted, and the mould carefully withdrawn.

In warm weather jellies and creams should always be made the day before they are required, unless ice is used to set them.

CLARET JELLY.

$\frac{3}{4}$ pint water.	1 tablespoonful red currant
$\frac{1}{4}$ pint lemon juice.	jelly.
1 pint claret.	2 whites and shells of eggs.
Rind 1 lemon.	$1\frac{1}{2}$ to 2 ozs. leaf gelatine.
6 ozs. loaf sugar.	Cochineal.

Place the water, sugar, gelatine and lemon rind in a pan, stir until dissolved, add lemon juice, claret, and jelly, the whites of eggs whisked to a froth and the shells crushed, whisk well together, let simmer 5 minutes undisturbed, then strain through a hot jelly bag.

This jelly should not be put into a metal mould or it will lose its colour.

STANHOPE JELLY.

1 pint ale.	$2\frac{1}{2}$ gills of water.
$1\frac{1}{2}$ gills lemon juice.	$\frac{1}{3}$ lb. loaf sugar.
1 oz. gelatine.	The whites and shells of
The rind of 5 lemons.	2 eggs.

Put the ingredients into a sauce pan, add eggs whisked lightly, whisk over the fire until just at boiling point. Then remove the whisk and let the jelly boil up well for about 5 or 10 minutes. Remove from the fire and allow to settle, then pour it through a hot jelly bag until it is quite clear. When cool, mould it.

The gill mentioned in this recipe is the imperial measure, or $\frac{1}{4}$ pint.

LEMON JELLY.

4 lemons.	$1\frac{3}{4}$ pints cold water.
$\frac{1}{4}$ pint sherry.	$\frac{3}{4}$ lb. loaf sugar.
The whites of 2 eggs.	$1\frac{1}{2}$ ozs. gelatine.

Peel the lemons thinly, place in a pan with water, sugar, and gelatine, and stir until dissolved, then add the lemon juice (strained), sherry, and well whisked whites of eggs. Whisk well, let it come to boil, and boil for about 5 minutes, then pass it through a hot jelly bag. Pour into a wet mould when it is cool.

DANTZIC JELLY.

Some clear yellow jelly and gold leaf.

Line a mould with jelly (cold, but not setting), then put in a few small pieces of gold leaf, then a little jelly and let it set. Fill up with alternate layers of leaf and jelly, letting each layer set before proceeding with the next.

Red jelly should have silver leaf set in it as this shews the leaf better.

WINE JELLY.

1½ pints water.	1 wineglassful brandy.
$\frac{1}{2}$ pint sherry.	3 lemons.
$\frac{1}{4}$ lb. loaf sugar.	Whites of 3 eggs.
1½ ozs. to 2 ozs. gelatine.	

Peel the lemons very thinly and place in a pan with gelatine, water and sugar, stir over the fire until the gelatine is dissolved, add juice of lemons, sherry, and the whites of eggs, whisked, stir well into the jelly and allow to boil for 5 or 10 minutes, then pass through a jelly bag (which has been rinsed out in boiling water) two or three times until quite clear. Add the brandy, and when cool pour into a mould rinsed out with cold water.

TO MOULD A JELLY WITH FRUIT.

Take any clear jelly, cold and quite thick (just setting), pour a little into a jelly mould and run it round and round till lined, then pour a little in bottom of mould and let it set, when firm arrange the fruits in it—apricots, oranges in quarters, pineapple sliced, grapes, and bananas—according to fancy, sprinkle with a few finely chopped pistachios or desiccated cocoanut, and pour a little more jelly over, let it get firm, then repeat layers, allowing each to set.

NEAPOLITAN JELLY

Take 1 quart clear jelly, and colour $\frac{1}{4}$ pint bright pink, and $\frac{1}{4}$ pint bright green

Take another $\frac{1}{4}$ pint and whip it till white and stiff, whip the coloured also till thick and frothy, let them set. Line a mould with clear jelly, then arrange the whipped jelly in lumps and cover with a spoonful of the clear, repeat until all are used. The clear jelly must be quite thick like cream so that it sets quickly.

ORANGE OR LEMON CREAM.

$\frac{3}{4}$ pint cream. 6 leaves of gelatine or $\frac{1}{2}$ oz.
 $\frac{1}{4}$ lb. loaf sugar. $\frac{1}{2}$ teacupful of cold water.
 2 lemons or oranges.

Rub the sugar on to the rind of lemons. Place gelatine, water and sugar in a pan, stir until dissolved, then add strained juice of lemons, and let the mixture cool. Whisk the cream until quite stiff, add the gelatine when cold but not setting, stir until it shows signs of setting, then put into a mould well rinsed in cold water, and when set dip in warm water and turn out.

VANILLA CREAM.

$\frac{1}{2}$ pint sweetened custard. $\frac{1}{2}$ oz. gelatine.
 $\frac{1}{4}$ pint good cream. Vanilla flavouring.
 $\frac{1}{2}$ teacupful cold water.

Dissolve the gelatine in water, whisk up the cream till stiff. Pour the custard on to the cream, stirring all the time, then add gelatine and flavouring, turn into a mould rinsed out with cold water.

N.B.—Rather more gelatine is required in warm weather.

CARAMEL CREAM.

$\frac{1}{2}$ pint good custard. 1 or 2 tablespoonful
 3 or 4 tablespoonful caramel brandy.
 (*see recipe*). 2 ozs. sweet almonds.
 $\frac{1}{2}$ teacupful cold water. $\frac{1}{2}$ oz. gelatine.
 $\frac{1}{2}$ pint cream.

Blanch the almonds, split into thin strips and dry in the oven. Dissolve the gelatine in the water, whisk up the cream until quite stiff. Pour the custard on to the caramel, when cool add brandy and pour it on to the whipped cream, stir in the gelatine and sprinkle the almonds in last, turn into a mould rinsed out with cold water.

APRICOT CREAM.

$\frac{1}{2}$ pint cream. 1 small tin apricots.
 1 oz. gelatine. 3 ozs. sugar.

Dissolve the gelatine and sugar in the apricot syrup. Rub the fruit through a hair sieve. Whisk the cream until stiff, add gelatine, and when it shows signs of setting stir in the fruit pulp, turn into a mould rinsed out with cold water.

NEAPOLITAN CREAM.

$\frac{3}{4}$ pint cream.	$\frac{1}{4}$ oz. gelatine.
White of 1 egg.	2 ozs. sugar.
$\frac{1}{4}$ pint red jelly.	2 tablespoonful milk.
Essence of vanilla and almond.	Coffee: carmine. Brandy.
Orange flower water.	

Whip the white of egg till stiff, add the cream and whisk together. Dissolve the gelatine and sugar in milk, strain into the cream and stir until beginning to set, then take about one-fifth of it, flavour with vanilla and pour into a neapolitan tin rinsed in cold water, let it set, take another portion and flavour with strong coffee, pour over the first; a third portion colour pink, flavour with almonds; a fourth, green, and flavour with orange flower water; a fifth, colour yellow, and flavour with brandy, when all are set pour over the jelly. When firm dip in warm water and turn out.

COFFEE CREAM.

$\frac{1}{2}$ pint cream.	1 oz. coffee.
$\frac{1}{4}$ pint milk.	$\frac{1}{2}$ oz. gelatine.
2 ozs. castor sugar.	

Boil the milk and pour on to the coffee, stir and let it settle, then strain through muslin and settle again, pour off carefully from the sediment and dissolve the gelatine in the coffee. Whisk the cream till stiff, add the gelatine mixture when cold, stir until it begins to set, then pour into a wet mould.

N.B.—A coffee or chocolate cream mixture should not be put into a metal mould or it becomes discoloured.

CHOCOLATE CREAM

$\frac{1}{2}$ pint cream.	$\frac{3}{4}$ oz. gelatine.
$\frac{1}{2}$ pint milk.	Vanilla essence.
3 ozs. grated chocolate.	2 ozs. sugar.
2 yolks of eggs.	

Warm the milk with sugar and chocolate in it, pour on to yolks of eggs, return to the pan and stir till thick, then add the gelatine soaked in a little milk, stir till dissolved, then strain and stir frequently till cool. Flavour the cream with vanilla and beat till stiff, add the chocolate custard, stir till it begins to set, then turn into a wet mould. (See note preceding recipe.)

CHARTREUSE OF ORANGES.

6 oranges.	$\frac{1}{2}$ oz. pistachio nuts.
A little orange jelly.	(blanched and chopped.)
$\frac{3}{4}$ pint cream.	3 ozs. sugar.
6 leaves of gelatine.	$\frac{1}{2}$ teacupful cold water.
(not quite $\frac{1}{2}$ oz.)	

Peel 4 oranges and cut with a sharp knife into small quarters. Pour a little orange jelly into a plain mould and line the bottom and sides with quarters of orange, fill up the spaces with chopped pistachio nuts, and let it set. Rub the sugar on to the rind of oranges and dissolve it with the gelatine and water; add the juice of 2 oranges, and allow to cool. Whisk the cream until stiff, add the gelatine mixture and stir until it shews signs of setting, then turn into the decorated mould.

CHARTREUSE OF BANANAS.

7 or 8 bananas.	6 leaves gelatine (or $\frac{1}{2}$ oz.)
$\frac{3}{4}$ pint cream.	The juice of 1 small lemon.
2 ozs. loaf sugar.	$\frac{1}{2}$ teacupful cold water.
A little clear jelly.	A few chopped pistachio nuts.

Place the gelatine, sugar, and water in a pan and stir until dissolved, add the lemon juice and the pulp of 4 bananas passed through a sieve, whisk the cream until stiff, stir in the gelatine mixture, and when it begins to set turn into a plain mould lined with slices of banana and pistachio nuts in the same way as for orange chartreuse.

RHUBARB CREAM.

1 $\frac{1}{2}$ lbs. rhubarb.	$\frac{1}{4}$ pint cold water.
$\frac{1}{2}$ lb. loaf sugar.	$\frac{1}{2}$ pint cream.
$\frac{3}{4}$ oz. gelatine.	Cochineal.

Wipe and cut up the rhubarb, cook till tender in the water, then strain. Add the sugar to the juice, boil and skim well until quite clear, dissolve the gelatine in $\frac{1}{2}$ pint of this syrup, and let it cool. Whisk the cream until stiff, add the syrup and stir until it begins to set, pour into a wet mould, and when set, turn out and pour the remainder of the syrup round it.

SUPREME DE CREME.

A little clear jelly.	$\frac{1}{2}$ teacupful cold water.
$\frac{1}{2}$ pint cream.	2 tablespoonful sherry.
$\frac{1}{4}$ oz. gelatine.	1 tablespoonful brandy.
2 ozs. loaf sugar.	$\frac{1}{2}$ a lemon.
3 ozs. crystallized fruits.	

Line a mould with jelly and decorate with a few fruits. Rub the sugar on to the rind of lemon, dissolve the gelatine and sugar in the water, add wine, brandy, and lemon juice, and let cool. Cut the fruits in small pieces. Whisk the cream till stiff, then add gelatine mixture, add fruits and stir until sufficiently stiff to hold the fruits without them sinking, then pour into the decorated mould. When quite set dip in warm water and turn out.

PINEAPPLE CHARLOTTE.

$\frac{1}{2}$ pint cream.	3 tablespoonful clear jelly.
$\frac{1}{2}$ pint pineapple pulp rubbed through a sieve.	$\frac{1}{2}$ oz. gelatine (short weight).
2 ozs. sugar.	1 doz. savoy biscuits.
A few small rounds of pineapple.	A few glacé cherries.
	A little angelica.
	$\frac{1}{2}$ teacupful water or pine- apple syrup.

Decorate the bottom of a plain round mould with the fruits, set them in jelly. Split the biscuits, trim the edges and dip one edge of each into white of egg, and line the sides of mould. Dissolve the gelatine in water or syrup, add sugar and pineapple pulp and allow to cool. Whisk the cream till stiff, add the mixture, stir till it shews signs of setting and turn into the lined mould. When set dip in warm water and turn out.

GOOSEBERRY CHARLOTTE.

$\frac{1}{2}$ pint gooseberries.	$\frac{1}{4}$ oz. gelatine.
$\frac{1}{2}$ pint cream.	3 tablespoonful wine jelly.
2 to 4 ozs. sugar.	1 doz. savoy finger
Green colouring.	biscuits.
Angelica.	Glacé cherries.
2 tablespoonful water.	

Decorate a plain mould with fruits and set in jelly, then line sides of mould with biscuits as in preceding recipe. Trim the gooseberries and cook them with water till soft, sweeten well, soak the gelatine in water, pour off the remainder, add gelatine to the fruit, stir until dissolved, then rub through a sieve and let it cool. Whisk the cream till stiff, add the fruit mixture when cold, colour a pale green and when it begins to set turn into the prepared mould. When firm dip in warm water and turn out.

CHARLOTTE RUSSE.

A few savoy biscuits.	4 leaves of gelatine.
$\frac{1}{2}$ pint cream.	2 ozs. castor sugar.
2 tablespoonful sherry.	$\frac{1}{2}$ teacupful of water.
1 tablespoonful brandy.	Some glacé cherries.

Decorate the bottom of a plain tin mould with cherries, split the biscuits, trim the edges if necessary, and line the sides of the mould with them. Dissolve the gelatine in the water, add sugar, sherry and brandy. Whisk the cream until stiff, add the gelatine mixture (when cool, but not cold), turn into the mould and allow to set.

HOLLANDAISE CHARLOTTE.

$\frac{1}{2}$ pint cream.	$\frac{1}{4}$ pint milk.
Essence of vanilla.	$\frac{1}{4}$ oz. gelatine.
1 oz. sugar.	1 oz. chocolate.

Decorate and line a plain round mould as in preceding recipe. Dissolve the chocolate and sugar in the milk, add gelatine and stir till melted, flavour and let it cool. Whisk the cream till stiff, add chocolate mixture, stir until it begins to set, then pour into the lined mould.

GATEAU OF PEARS.

2 eggs.	3 pears.
3 ozs. sugar.	1 oz. loaf sugar.
2 ozs. flour (good weight).	1 tablespoonful sherry.
1½ ozs. butter.	Juice of ½ lemon.
Cochineal.	Whites of 2 eggs.

Whisk the eggs and sugar over hot water till warm, then beat till cool, add flour (sifted), and butter (melted), pour into a well greased timbale mould and bake in a moderate oven 40 minutes. Cook the pears and sugar till soft, add sherry and lemon and rub through a sieve, colour a bright pink. Turn out the cake and fill the centre with the pear mixture. Whip the whites till stiff, add 2 tablespoonful sugar and spread over the cake, and dry in a cool oven. Garnish with rose coloured whipped cream and a few leaves of angelica.

GENOESE JELLIES.

1 pint wine jelly.	2 tablespoonful sherry.
1 small genoese cake.	A few glacé fruits.
1 tablespoonful apricot jam.	

Take some small moulds and decorate the bottoms with fruits and set them in jelly, let them get firm. Cut the cake into pieces smaller than the moulds, slice them across four times, spread half the slices with jam and put the remainder on the top, pour a little sherry over each. Then put one in each mould, cover with a little jelly (it should be quite thick, just setting, but not lumpy). When firm put in another sandwich, fill up with jelly and put aside till firm, then dip in warm water and turn out.

GATEAU OF FRUIT.

A plain round sponge cake.	1 dozen finely chopped pistachio nuts.
½ pint sweetened whipped cream.	1 tin of pears or pineapple chunks.

Cochineal.

Scoop out the centre of the cake to a point at the bottom, then fill it up with the fruit, piling high in the centre. Garnish it with pink and white whipped cream passed through a rose forcing pipe. Sprinkle with chopped pistachio nuts.

MOCHA PUDDING OR GATEAU.

Bake a sponge cake mixture in a timbale mould and let it cool. Cover with coffee icing, decorate with vienna icing flavoured with strong coffee, fill the centre with whipped cream flavoured with vanilla.

CHOCOLATE GATEAU.

A plain round sponge	$\frac{1}{2}$ pint whipped cream.
cake.	Apricot or raspberry jam.
Chocolate icing.	Vienna icing.

Cut the cake across into 5 or 6 slices, spread with jam and whipped cream and put them together again. Cover with chocolate icing and when set decorate with vienna icing. Pass the rest of the cream through a rose forcer round the gateau.

PINEAPPLE CREAM.

1 large tin pineapple	3 ozs. sugar.
chunks.	$\frac{3}{4}$ oz. gelatine.
	$\frac{1}{2}$ pint cream.

Cut 4 chunks into small dice, rub the remainder through a wire sieve. Dissolve the gelatine and sugar in the pulp and let it cool. Whisk the cream till stiff, add the fruit mixture and stir till it begins to set, then add pieces of fruit and turn into a wet mould.

RICH CUSTARD.

3 yolks of eggs.	2 ozs. castor sugar.
$\frac{1}{2}$ pint milk.	Vanilla or other flavouring.

Warm the milk with the sugar in it, whisk on to the beaten yolks, return to the pan, stir with a wooden spoon over a slow fire until it begins to thicken on the spoon. Then strain at once into a cold basin and stir frequently till cool, then add flavouring.

N.B.—The custard must not be left in the hot pan to cool or it may curdle. Great care must be taken not to cook it too much or the eggs will curdle.

FRESH STRAWBERRY OR RASPBERRY CREAM.

$\frac{1}{2}$ lb. fresh fruit.	$\frac{1}{2}$ pint cream.
2 or 3 ozs. sugar.	$\frac{1}{2}$ teacupful cold water.
$\frac{1}{2}$ oz. gelatine.	

Pick the fruit, place in a basin with the sugar and mash them together with a silver fork, let them stand 2 or 3 hours, then rub through a hair sieve. Dissolve the gelatine in the water, and add it to the fruit pulp. Whisk the cream till stiff, add the fruit, and when it begins to set pour into a wet mould.

MERINGUE BASKETS.

Whites 4 eggs.	$\frac{1}{2}$ pint cream.
$\frac{1}{2}$ lb. castor sugar.	Some glacé fruits.
Essence of vanilla.	Angelica.

Whisk the eggs until they form a very stiff dry froth, add the sugar, sifted, and stir lightly together. Put into a forcing bag with a plain pipe at the end, and pass through it on to a slightly greased baking sheet in the shape of small baskets, dust thickly with icing sugar and set in a very cool oven for 2 or 3 hours to get quite crisp and dry. Slip a knife under them and let them cool. Whisk the cream till stiff, flavour and add 1 teaspoonful of sugar, fill the cases with it, garnish with the fruits and put a strip of angelica to form a handle.

N.B.—These cases will keep any length of time in a closely covered canister, and can be filled as required.

GROUND RICE CREAM.

1 pint new milk.	$\frac{1}{2}$ oz. gelatine.
3 ozs. castor sugar.	1 tablespoonful orange
$1\frac{1}{2}$ ozs. finest rice flour.	flower or rose water.
A little red jelly.	$\frac{1}{2}$ pint cream.
Hard boiled white of egg.	

Decorate the bottom of a mould with the white of egg and set in jelly. Mix the rice flour smoothly with cold milk, boil the remainder and stir on to it, return to the pan, stir and boil 5 minutes, add a pinch of salt and let it cool. Whip the cream till stiff and add the flavouring. Dissolve the gelatine and sugar in a little milk and let it cool. Mix all together, and when setting turn into the decorated mould.

TRIFLE.

3 sponge buns. A few savoy biscuits
 A little raspberry jam. macaroons & ratafias.
 A wineglassful sherry. $\frac{1}{2}$ pint of cream.
 Rather more than half-a-pint custard.

Split cakes, lay in a glass dish with the biscuits, and pour the sherry over, spread with a thin layer of jam, then pour custard over. Whip the cream till quite stiff, add to it 2 whites of eggs whisked stiffly, and whip well together, pile on top and sprinkle with coloured sugar, browned chopped almonds and pistachio nuts.

BLANCMANGE.

$1\frac{1}{2}$ ozs. gelatine. Flavouring essence.
 1 quart new milk. 6 ozs. loaf sugar.

Soak the gelatine in the milk, add sugar and stir until dissolved, add flavcuring and let it cool. Stir occasionally until beginning to set then pour into a wet mould. Serve with stewed fruit.

PRUNE MOULD.

1 lb. prunes. 1 wineglassful sherry.
 $1\frac{1}{4}$ pints water. $\frac{1}{2}$ oz. gelatine.
 $\frac{1}{2}$ lb. loaf sugar. Rind 1 lemon.

Soak the prunes overnight in water, add sugar and lemon rind cover closely and simmer gently until soft. Strain off the syrup and dissolve the gelatine in it, add the sherry and cochineal to colour, add the prunes (stoned) and some of the kernels, turn into a wet mould. Serve garnished with whipped cream.

SNOW PUDDING.

1 pint water. $\frac{3}{4}$ oz. gelatine.
 1 large lemon. Whites 2 eggs.
 $\frac{1}{2}$ lb. loaf sugar

Rub the sugar on to rind of lemon, place in a pan with water and gelatine, stir till dissolved, add lemon juice, strain and let it get cold. Whisk whites of eggs till stiff, whisk into the mixture and beat till thick and frothy, then pour into a wet mould. Serve with custard.

APPLE SNOW.

1 lb. apples.	6 ozs. sugar.
4 sponge buns.	Whites 3 eggs.
1 lemon (small).	$\frac{1}{2}$ pint custard.

Peel, core, and slice the apples into a pan with a little water and the grated rind of a lemon, cover and cook to a very stiff pulp, then let them cool. Slice the sponge cakes into a deep dish and pour the custard over them. Whisk the eggs till stiff, add the apple pulp and sugar, and continue whisking till firm. Add the strained juice of lemon, and pile on the sponge cake. Keep in a very cool place before serving.

SWISS TRIFLE.

4 sponge buns.	$\frac{3}{4}$ pint milk.
Raspberry jam.	1 teaspoonful cornflour.
$\frac{1}{4}$ pint sherry or raisin wine.	1 egg and 1 yolk.
2 dozen almonds.	1 $\frac{1}{2}$ ozs. sugar.
	Grated rind $\frac{1}{2}$ lemon.

Slice the buns and lay them in a glass dish, pour the sherry over them and cover with jam. Mix the cornflour smoothly with cold milk, boil the rest of the milk with the lemon rind, and sugar and pour on to the cornflour, return to the pan and stir, letting it cook well. Beat the eggs well, and stir the thickened milk on to them, let the custard cool, then pour over the trifle. Blanch the almonds and cut in thin strips, stick them all over the top.

SPONGE BASKETS.

6 penny sponge cakes.	A few strips of angelica.
A little red currant jelly.	$\frac{1}{4}$ pint cream.
2 ozs. desiccated cocoanut.	1 teaspoonful sugar.
Essence of vanilla.	

Cut a thin slice from the bottom of each sponge cake and scoop out some of the centre, brush the sides with the melted jelly and dip in cocoanut. Whip the cream till stiff, add sugar and vanilla, pass it through a rose forcer into the cases, pile them high, then fix a strip of angelica to form a handle. Take the slices cut from the bottom of

the cakes, brush the edges with jelly and dip in cocoanut, cut in half and arrange on each side of the handle over the cream like a half opened basket lid.

SAGO AND APPLE MOULD.

1 lb. apples.	1½ pints water.
4 ozs. fine sago.	¼ lb. sugar.

Soak the sago overnight in water, then bring to a boil and simmer gently until clear. Peel, core, and slice the apples, stew them until soft, add the sugar, and reduce to a stiff pulp, then stir into the sago, pour into a wet earthenware mould, and turn out when cold and serve with custard.

RICE CREAM.

1½ pints milk.	¼ pint cream.
3 ozs. carolina rice.	4 ozs. sugar.
½ oz. gelatine.	Grated lemon rind.
Glacé cherries.	2 tablespoonful water.

Place the rice and milk in a double pan with ¼ teaspoonful salt and cook until they are soft, add sugar and lemon and let them cool. Dissolve the gelatine in the water. Whisk the cream stiffly, add the gelatine and stir into the rice mixture. Turn into a mould decorated with cherries. Dip into warm water to turn out.

BLACKBERRY CREAM.

1 lb. blackberries.	¾ pint cream.
¼ lb. apples.	½ oz. gelatine.
4 ozs. sugar.	3 tablespoonful water.

Peel, core, and slice the apple, cook with the blackberries till soft, then rub through a sieve and sweeten well. Dissolve the gelatine in the water, add it to the pulp. Whip the cream till stiff, add the fruit pulp when quite cold, and turn into a wet mould when it begins to set.

CHOCOLATE CUSTARD.

4 sponge buns.	2 ozs. chocolate.
¼ pint thin cream.	¾ pint milk.
1 teaspoonful essence of vanilla.	2 ozs. sugar.
	3 eggs.
2 ozs. sliced almonds.	

Slice the sponge cakes into a deep glass dish and pour the cream over them. Boil the chocolate and sugar in a $\frac{1}{4}$ pint of milk, add the rest of the milk and the eggs well beaten, stir until they thicken, but do not boil. Let it cool, add the flavouring and pour over the cakes, sprinkle with the almonds.

COFFEE JELLY.

2 ozs. pure ground coffee.	1 oz. gelatine.
$1\frac{1}{4}$ pints boiling water.	3 or 4 ozs. sugar.

Pour the boiling water on to the coffee, stir well and let it stand 15 minutes to settle. Then strain through muslin, pouring carefully from the sediment, add gelatine and sweeten well, stir until dissolved. Then pour into a cold earthenware mould and when set dip in warm water, turn out and garnish with whipped cream.



OMELETS and SOUFFLÉS.

To make these successfully the eggs must be very fresh, and the butter not too salt.

An omelet pan should be kept for one purpose only, and should be cleaned by rubbing it with soft paper, and never be washed, or the mixture will stick.

The eggs should be beaten sufficiently to mix the yolks and whites, but not frothed.

The butter should only be melted, not made hot in the pan.

Omelets should always be served *immediately* they are cooked.

In making soufflés the whites of eggs should be whipped up very stiffly; stirred into the mixture very lightly, and baked or steamed at once, and sent to table directly they are cooked.

Baked soufflés are sent to table in the tin in which they are cooked, which should have a folded serviette pinned round it.

A soufflé tin should be made higher by tying a band of buttered paper round the sides of tin to support the mixture when it rises.

PLAIN OMELET.

2 eggs.

1 tablespoonful milk.

1 oz. butter.

Beat the eggs, add milk and half the butter, cut in small pieces; melt the rest of the butter in the pan, pour in the mixture and stir with the back of the spoon till it begins to set, then draw to one half of the pan and cook till creamy in the centre. Slip a knife under it and slide on to a hot dish and fold it in half.

SAVOURY OMELET.

1 teaspoonful chopped parsley.	Pepper and salt. $\frac{1}{4}$ teaspoonful dried thyme.
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Add to the plain omelet mixture before cooking it ; a tiny morsel of chopped onion or shallot may be added if liked.

CHICKEN, HAM, OR TONGUE OMELET.

Two tablespoonful of grated chicken, ham, or tongue, well seasoned and heated by stirring in a pan with a little butter, is put on to the omelet before folding over when ready for serving.

TOMATO OMELET.

2 tomatoes.	$\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ very small onion.	Salt and pepper.

Fry the onion in the butter, add tomatoes sliced, and cook till soft. Rub through a sieve, season and re-heat, pour on to omelet before folding over.

SWEET OMELET SOUFFLE.

2 eggs.	1 teaspoonful sifted
$\frac{1}{2}$ oz. butter.	sugar.

Beat the yolks of eggs and sugar together, whisk the whites till stiff, and stir them in lightly, melt the butter in the pan, pour in the mixture, and cook till set underneath. Then put into a quick oven or hold in front of the fire till set on top. turn on to a hot dish, put a little warm jam on one half and fold the other over, sift with sugar.

VANILLA SOUFFLE

$\frac{1}{4}$ pint milk.	1 oz. sugar.
1 oz. butter.	$\frac{1}{2}$ teaspoonful essence
1 oz. flour.	vanilla.

2 eggs.

Melt the butter in a pan, add the flour and stir in the milk, cook well, add sugar and let it cool. Add yolks of eggs and flavouring and beat well. Whisk the whites till

stiff, stir them in lightly. Turn into a buttered soufflé tin, cover with a buttered paper, and steam 30 minutes. Let it stand 1 minute before turning out and serve with chocolate sauce.

SHRIMP SOUFFLE.

1 oz. butter.

1 oz. flour.

$\frac{1}{4}$ pint fish stock or milk.

$\frac{1}{4}$ pint shrimps.

2 eggs.

1 small whiting.

Salt and pepper.

Cayenne and ground mace.

Melt the butter in a pan, add the flour, stir in the stock and cook well, season. Take the flesh from the whiting and rub through a wire sieve with the shrimps. Add them to the mixture with the yolks of eggs. Whip the whites stiffly, and stir in lightly, bake in a buttered soufflé tin 20 or 30 minutes. Serve at once.



INVALID COOKERY.

Hints on Serving Food for Invalids.

Small quantities only should be placed before the patient.

The serving should be as dainty as possible, a sprig of parsley adds much to the appetising appearance of any savoury dish. Little and often is frequently a golden rule to follow, and the variety should be as large as the prescribed diet will permit.

Food should never be left about in the sick room under any pretext or the patient will never feel to relish it.

Never let the patient feel faint for the want of food.

Do not consult the invalid about meals if it can be avoided. An unexpected dish will sometimes create a relish for the food.

Beef tea and soups should always be perfectly free from grease and salt alone should be used for seasoning in extreme cases.

Warm food is more easily digested than cold and is less likely to disagree in cases of extreme weakness.

Everything should be the freshest procurable, particularly fish, milk, and eggs.

Barley water is a nourishing diluent for milk when the latter is not easily digested.

OATMEAL GRUEL.

2 tablespoonful medium oatmeal.
 1½ pints milk or milk and water.
 ¼ teaspoonful of salt.
 Sugar and butter if liked.

Sprinkle the oatmeal into the milk when it is boiling; simmer gently half-an-hour, stirring occasionally, add salt.

OATMEAL GRUEL (more digestible).

3 ozs. medium oatmeal. 1 pint cold water or milk.
Salt.

Pour the water on to the oatmeal and let it stand 20 minutes, then strain off into a pan, squeezing the oatmeal as dry as possible, boil 10 minutes, add salt.

ARROWROOT.

$\frac{1}{2}$ pint milk. 1 oz. sugar.
1 small teaspoonful arrowroot. Pinch of salt.

Mix the arrowroot with cold milk, boil the rest and pour on to it, allow to just boil, add salt and sugar and serve.

RICE MILK.

$\frac{1}{3}$ oz. rice. Pinch of salt.
1 teaspoonful sugar. $\frac{1}{2}$ pint milk.

Simmer the rice, milk and salt till soft, then strain and sweeten. Serve either hot or cold.

BARLEY WATER.

3 ozs. pearl barley. 1 quart of water.
2 tablespoonful sugar. Rind $\frac{1}{2}$ lemon.

Wash the barley in hot water, place in a pan with water and lemon rind, simmer 2 hours, strain, sweeten, add juice of lemon, and serve warm or cold.

N.B.—If the lemon juice is omitted the barley water can be used for diluting milk.

EGG FLIP.

1 egg. 1 tablespoonful brandy.
 $\frac{1}{2}$ oz. castor sugar. $\frac{1}{2}$ pint new milk.

Beat the egg and sugar thoroughly, add brandy and milk, pass through a strainer and serve cold, or it may be warmed by setting it in a pan of boiling water for two or three minutes.

LINSEED TEA.

1½ pints cold water.	Juice of 1 lemon.
2 ozs. whole linseed.	Sugar.

Stew the water and linseed slowly in the oven 1½ hours; strain it and add lemon and sugar; serve warm. Sugar candy or honey may be used for sweetening, as they are soothing to the throat.

N.B.—This is a good remedy for cold on the chest and coughs.

BRAN TEA.

1 quart water.	1 or 2 tablespoonful honey.
	3 tablespoonful good bran.

Simmer the bran and water together for 10 minutes, sweeten with the honey, and strain through muslin.

This gives relief from hoarseness.

TREACLE POSSET.

½ pint milk.	¼ pint treacle.
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Boil the milk, add the treacle, let it boil, when the milk will curdle. Serve very hot on retiring. It may be strained, if preferred.

This produces perspiration, and is a good remedy for a severe cold if taken last thing at night.

LEMONADE.

2 lemons.	1 pint boiling water.
	2 ozs. loaf sugar.

Remove the rind from the lemons very thinly with a sharp knife, strain the juice, add sugar, and pour water over them. Cover and let it stand till cold, then strain.

ORANGEADE can be made in the same way, though 1 oz. sugar will be sufficient.

APPLE WATER.

4 rosy apples.	Rind ½ lemon.
2 ozs. loaf sugar.	1½ pints boiling water.

Rub the apples and cut them across into slices, add peel and sugar, pour the water over them. Let stand till cool, then strain.

TOAST WATER.

Take a thin slice of old bread and toast it slowly till it is quite crisp throughout and a rich brown colour, without being burnt. Put it into a quart jug of filtered water, let it stand 1 hour, then strain.

MILK AND SUET.

1 pint milk.

1 oz. suet.

Shred the suet finely, simmer it in the milk half-an-hour, strain through a piece of muslin and serve warm.

This is soothing for sore throats or chests.

RAW BEEF TEA.

$\frac{1}{2}$ pint cold water.

$\frac{1}{2}$ lb. raw lean gravy beef.

Remove all fat from the meat and chop it finely, cover with water and let it stand 2 hours, add salt, and strain, pressing all the moisture from the meat, serve cold or lukewarm. If the latter set in a pan of boiling water till the cold chill is removed.

This is a valuable stimulant in cases of extreme weakness. If served in a coloured glass, the patient will not reject it because of its red colour.

QUICKLY MADE BEEF TEA.

$\frac{1}{2}$ lb. gravy beef.

$\frac{1}{2}$ pint cold water.

Remove all skin and fat from meat and chop finely. Let it soak in the water 15 minutes, then simmer gently $\frac{3}{4}$ hour. Strain and remove all fat and add salt.

BEEF TEA.

1 lb. gravy beef.

$\frac{1}{4}$ teaspoonful salt.

1 $\frac{1}{2}$ pints cold water.

Remove the fat from the meat and shred it finely, let it soak in the water $\frac{1}{2}$ hour, then cover closely, set in a pan of boiling water and let cook 3 hours. Then strain and remove all fat.

MUTTON TEA.

2 lbs. scrag end neck of
mutton.

2 $\frac{1}{2}$ pints water.
1 oz. pearl barley.

Trim all the fat from the mutton, cut into chops, add barley and water and simmer very gently 2 hours, then strain. Remove all the fat when cold and season with salt. A small stick of celery may be used for flavouring if it is allowed.

YEAL BROTH.

1½ lbs. knuckle veal.	Salt.
2½ pints cold water.	1 tablespoonful of rice or barley.

Cut all the meat from the knuckle, chop the bone very small; place all together in a pan, and simmer three hours, strain and remove all fat when cold.

A cupful of this stock, poured boiling on to a well-beaten egg makes a nourishing soup.

A little carrot, turnip, or onion may be used for flavouring if allowed.

MUTTON BROTH.

Prepare like ²/₃ mutton tea, with the addition of a small carrot, turnip, ¹/₂ and onion, and a sprig of parsley.

STEAMED OR BAKED PLAICE OR SOLE.

See chapter on ²/₃ Fish ¹/₂ Cookery.

GRILLED CHOP.

Take a nice loin chop about one inch thick; trim off most of the fat; make the gridiron hot and grease it with a piece of the fat, lay the chop on it over a clear bright fire; turn every two minutes; cook about eight minutes. Serve at once on a hot plate with a little bread sauce or mashed potato.

STEWED CHOP.

1 loin chop.	4 tablespoonful stock.
½ oz. butter.	¼ teaspoonful flour.

Trim the chop. Heat the butter in a frying pan, when it smokes put in the chop and cook very quickly until it is brown on both sides. Lay it in a stew pan, with the stock

made hot, cover very closely and let simmer very gently 1 hour. Serve on a hot plate. Mix the flour with a little cold water, add the stock, season and let it boil up and pour over the chop.

N.B.—Very great care must be taken to avoid letting the stew boil, or the meat will be hard.

STEAMED CHOP.

Trim all the fat from the chop, place it in a dry jar, cover very closely, set in a pan of boiling water and cook 1 hour. Sprinkle with salt and serve very hot.

CHICKEN FILLETS.

Cut 2 or 3 slices from the breast of a chicken and lay them in a buttered tin, cover with buttered paper and bake in a moderate oven 15 minutes. Serve with or without sauce.

SWEETBREADS BOILED OR FRIED.

Soak them in warm water one hour. Then cook in boiling stock and simmer 30 minutes. Serve plainly or with white sauce.

After stewing the sweetbreads, they may be brushed with egg and rolled in crumbs and fried till brown.

ARROWROOT PUDDING.

$\frac{1}{2}$ pint milk.	1 egg.
1 teaspoonful arrowroot.	Rind $\frac{1}{2}$ lemon.
Small tablespoonful sugar.	Pinch of salt.

Mix the arrowroot with cold milk, boil the rest of milk with lemon rind in it, strain on to the arrowroot, add sugar and salt and let it cool. Add yolk of egg and stir in the white whisked stiffly, bake in a buttered dish about 20 minutes.

VICTORIA PUDDING.

$\frac{1}{2}$ pint milk.	1 oz. sugar.
$1\frac{1}{2}$ ozs. breadcrumbs.	1 egg.
Flavouring.	Pinch of salt.

Warm the milk and sugar, pour on to the crumbs, add flavouring, salt and yolk of egg. Whip the white of egg stiffly and stir in lightly. Bake in a greased pie dish 20 minutes.

PORT WINE LOZENGES.

$\frac{1}{2}$ pint port wine.	Rind $\frac{1}{2}$ lemon.
3 ozs. sugar.	$\frac{1}{2}$ inch cinnamon.
$\frac{1}{2}$ oz. gelatine or isinglass.	

Simmer all gently 5 minutes. Strain into a flat tin and when cool cut into lozenges.

POACHED EGGS.

Break a fresh egg carefully into a cup. Bring one pint of water to boil in a sauce pan, add $\frac{1}{4}$ teaspoonful salt. Pour the egg carefully into it and let the water simmer gently till the egg is just set, lift out with a slice, trim neatly and serve on a round of buttered toast.

PORT WINE JELLY.

1 pint port wine.	Whites 2 eggs.
2 lemons.	$\frac{3}{4}$ oz. gelatine.
4 ozs. loaf sugar.	Cochineal.

Place sugar, wine and gelatine in a pan, stir till dissolved, add thinly pared rind of lemons and strained juice, and whites of eggs whipped stiffly, whisk well. Simmer gently 5 minutes without disturbing. Pour through a jelly bag rinsed in hot water and when cool pour into a china mould to set.



JAMS and FRUIT JELLIES.

The fruit must be perfectly fresh and dry. If it has been gathered damp the jam will not keep long.

The best sugar is the cheapest to use, as there is less scum from it.

If too little sugar is used the jam will not keep; if too much it will become candied.

The jam should be stirred constantly whilst cooking to avoid it burning. All the scum should be removed and a wooden spoon used for stirring, as metal would spoil the colour of the jam.

The jam may be tested to see if it is done by pouring a little on to a cold plate, if it sets when cold it is ready. Put into hot dry jars or bottles, and cover whilst hot with gummed paper covers, or paper brushed with white of egg.

The time for cooking jam is very variable, according to the condition of the fruit; a hard and fast rule cannot be given, as very ripe fruit requires more boiling than less ripe fruit does.

Avoid over boiling jelly, or it will become like treacle and will not set.

Jams and jellies should be stored in a very cool and dry place, then they will keep many months.

LEMON MARMALADE.

Take one dozen sound lemons, slice very thinly, and remove pips. Allow about three pints of water to each pound of fruit, and let it stand for 24 hours, then boil until tender; let it remain thus for 24 hours longer, then weigh it and to every $\frac{1}{2}$ lb. of fruit allow $\frac{3}{4}$ lb. sugar. Boil all together until the syrup becomes thick and transparent. Pour into jars and tie down tightly.

ORANGE MARMALADE.

12 seville oranges. 3 sweet oranges.
 4 lemons.

Divide the fruit into quarters, remove skin and pips, cover the latter with water and let it stand overnight, Shred the skins finely, place in a bowl with the pulp, and add three pints of water to every pound of fruit, let it stand 24 hours, boil until tender, allow to stand another 24 hours, then add the liquid from pips (this helps to make the jelly) and to every pound of fruit allow $1\frac{1}{4}$ lbs. of sugar, boil for about $\frac{3}{4}$ hour or until the syrup is thick and transparent. Pour into jars and make air tight.

RASPBERRY JAM.

Pick and weigh the fruit, place it in a preserving pan and make quite hot, then weigh the castor sugar (allowing 1lb. to every pound of fruit), place on a large dish in the oven until quite hot, then add it to fruit and allow to just come to boiling point slowly, then turn into jars and cover. This is the best way of making raspberry jam, as the fruit is kept whole and has a much better colour than by any other method.

CHERRY JAM.

1 lb. cherries. $1\frac{1}{4}$ lbs. sugar.
 $\frac{1}{4}$ pint water.

Boil sugar and water 5 minutes, add cherries (stalked and stoned) and boil 10 minutes, removing scum. Pour into a bowl and let it stand until next day, then boil again 10 minutes and put into pots.

STRAWBERRY JAM.

1 lb. strawberries. 1 lb. sugar.
 A little water.

Dissolve the sugar in a little water, add the strawberries and simmer gently $\frac{1}{2}$ to $\frac{3}{4}$ hour removing the scum as it rises. Do not stir more than necessary to prevent the jam burning. Pour into jars when it will set.

VEGETABLE MARROW JAM.

4 lbs. marrow.	1 oz. root ginger.
4 lbs. sugar.	2 lemons.
Cold water.	$\frac{1}{2}$ teaspoonful cayenne pepper.

Peel the marrow and remove the seeds from it, cut into pieces about 2 inches long and put into the preserving pan. Cover with cold water and add the cayenne, thinly pared rind of lemons, and the ginger (bruised) tied in muslin, and simmer all gently about half-an-hour or until the marrow is quite tender. Then add the strained juice of the lemons and the sugar and continue boiling until the jam will set when poured on to a plate.

DAMSON JAM.

Equal weights of fruit and sugar.

Stone the fruit and boil till soft, then add the sugar and boil gently until it will set.

N.B.—The fruit may be cooked without stoning if preferred.

GREENGAGE JAM.

$\frac{3}{4}$ lb. sugar to every lb. of fruit.

Peel and stone the fruit, put in a pan with the sugar and boil gently until it will set, then add about half the kernels (taken from the stones) which have been blanched to remove the skins.

APRICOT JAM.

$\frac{3}{4}$ lb. sugar to every lb. of fruit.

Cut the fruit in half and remove the stones. Cover the fruit with sugar and let it stand over night. Then boil gently till it will set and add the kernels blanched.

BLACKBERRY AND APPLE JAM.

3 lbs. blackberries.	4 lbs. apples.
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Cook the blackberries in an earthen jar until the juice is extracted, then strain. Allow 1 lb. sugar to every pint of juice and put them together in a pan, add the apples peeled, cored and sliced, and 3 lbs. more sugar. Stir and boil well until it will set, then put into jars.

BLACK OR RED CURRANT JELLY.

Pick the fruit and put into an earthen jar, cook in a moderate oven till the fruit falls, then strain off the juice. Allow 1 lb. sugar to every pint of juice and boil until it will set when poured on a plate. Put into small jars or moulds and cover when cold.

GOOSEBERRY JELLY.

Take 4 lbs. gooseberries just beginning to ripen, put in a pan with 1 quart of water and boil to a pulp, strain through a jelly bag. Allow 1 lb. sugar to every pint of juice and boil together until it will set.

CRAB APPLE JELLY.

Cover the crabs with water and boil slowly till soft and broken, then pass through a jelly bag. Allow 1 pint of juice to 1 lb. sugar and boil until it will set.



❧ MISCELLANEOUS. ❧

CHESTNUT FORCEMEAT.

1 lb. Spanish chestnuts.	Salt and pepper.
2 ozs. butter.	1 egg.
3 ozs. breadcrumbs.	1 pint plain stock.

Cut the tops off the chestnuts and bake them in a moderate oven 10 minutes. Skim them and stew in the stock till tender, strain off the stock and rub them through a sieve, add the butter, crumbs, and seasonings and egg to bind.

Used for stuffing turkeys.

CHICKEN OR VEAL FORCEMEAT.

4 ozs. breadcrumbs.	2 ozs. chopped suet, or
1 tablespoonful chopped	2 ozs. melted butter.
parsley.	Grated rind $\frac{1}{2}$ lemon.
$\frac{1}{4}$ teaspoonful dried	1 egg.
thyme.	1 oz. chopped ham.
2 or 3 tablespoonful milk.	Salt and pepper.

Mix all the dry things together and add the egg well beaten, and milk to make it moist.

ONION STUFFING.

1 lb. large onions.	1 large teaspoonful sage.
2 tablespoonful bread-	Salt and pepper.
crumbs.	

Peel the onions and cut in quarters, throw into boiling salted water and boil until nearly soft, then strain and chop finely and mix with the crumbs, sage and seasonings.

TO RENDER FAT.

Cut the pieces of fat into small pieces, put them in a dripping tin, set in a larger dripping tin with a little water in it. Cook in a moderate oven until the pieces are crisp, then strain them.

TO CLARIFY DRIPPING

Place the dripping in a pan with an equal quantity of water, let it dissolve, then pour into a basin. When cold lift out the cake of dripping whole and scrape the underside of it till it is quite clean, then melt it again and pour into jars.

TO BOIL A HAM.

Let the ham lie in cold water for 24 hours, or longer if very dry, scrape well and cut off any rusty fat. Place it in a pan of cold water, bring to a boil and simmer gently, allowing $\frac{1}{2}$ hour to every pound of meat. Let it get nearly cold in the liquor, then lift out and remove the skin and cover with raspings.

N.B.—If preferred ham may be finished cooking for the last hour by roasting in a moderate oven.

BAKING POWDER.

4 ozs. rice flour.	3 ozs. carbonate of soda.
2 ozs. Tartaric acid.	

Dry each separately, pass through a hair sieve twice, and keep in an air-tight tin.

TO MAKE BROWNING.

$\frac{1}{2}$ lb. sugar.	$\frac{1}{4}$ pint boiling water.
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Melt the sugar in an old iron saucepan until a very dark brown, allow to cool, then add the boiling water, stir well and bottle for use.

FRYING BATTER FOR FISH, TRIPE, &c.

2 tablespoonful	3 tablespoonful flour.
breadcrumbs.	$\frac{1}{2}$ teaspoonful salt.
1 egg.	$\frac{1}{4}$ pint milk.

Mix breadcrumbs flour, and salt together, then mix well with egg and milk, allow to stand $\frac{1}{2}$ hour and it is ready to use.

FRYING BATTER FOR KROMESKIES, FRITTERS, &c.

4 ozs. flour.	$\frac{1}{4}$ pint warm water.
1 egg.	Pinch salt.
1 tablespoonful salad oil or melted butter.	

Mix the flour, yolk of egg, salt, and oil together, add the water gradually, beating until smooth, then let it stand at least $\frac{1}{2}$ hour. Whisk the white of egg till stiff, stir in lightly and use at once.

BATTER CASES.

Take some kromeskie batter and a small copper dariole with a handle to it, dip the latter into smoking hot dripping, pour the batter round the outside of it, dip at once into hot fat and fry till brown. Loosen with a small knife round the upper edge and slip the case off, drain and keep hot.

These can be filled with a patty mixture and garnished with a vegetable purée, or may be filled with fruit compôte and garnished with whipped cream.

The cases may be kept in a canister and re-heated in the oven, as required.

TO BOIL RICE FOR CURRIES.

$\frac{1}{2}$ lb. Patna rice.	$\frac{1}{2}$ tablespoonful salt.
3 pints cold water.	Pinch of alum.

Wash the rice well, let it soak whilst the water comes to boil, then put in the rice and add salt and alum (the latter whitens it), Boil gently 10 to 15 minutes, pour through a sieve, then throw a cupful of cold water over it. Let it dry in a cool oven or in front of the fire, stirring frequently with a fork. Serve on a folded serviette.

FRIED CROUTONS FOR SOUP.

Remove all the crust from a slice of bread, and cut it into very small dice. Place in a frying basket, plunge into smoking hot dripping and fry till brown, lift out and let it drain well on soft paper. Serve on a paper d'oyly and hand with white soup.

FRIED CROUTES FOR GARNISHING.

Cut the bread into thin slices, then cut into fancy shapes (stars, crescents, or rounds) with pastry cutters, throw into smoking hot dripping and turn with a spoon till an even golden brown colour, drain well to remove the grease.

BREAD CROUSTADES.

Take slices from a stale loaf about $2\frac{1}{2}$ inches thick, cut into rounds with a 2 inch cutter. Then take a smaller cutter and remove the centres from each, making them into cup shapes. Fry in smoking hot fat till crisp.

BROWNEB BREADCRUMBS TO SERVE WITH GAME.

Put 3 or 4 tablespoonful fine white breadcrumbs in a dripping tin with $\frac{1}{2}$ oz. of butter, bake them in a moderate oven stirring them occasionally until they are a nice golden brown.

RASPIINGS FOR HAM.

Dry some crusts of bread in the oven until they are a golden brown colour. Crush them with a rolling pin and pass through a wire sieve. Store in a dry canister.

ASPIC JELLY.

$\frac{3}{4}$ pint good stock.	$\frac{3}{4}$ to 1 oz. leaf gelatine.
1 tablespoonful tarragon vinegar.	Salt and pepper.
	1 white of egg.

Season the stock well and remove every particle of fat, stir over fire with the gelatine, add vinegar and white of egg whisked to a stiff froth, whisk well, then let it boil and simmer 5 minutes, without stirring, strain through a thick towel rinsed in boiling water. If required red, colour it with cochineal.

N.B.—Stock made with extract of meat may be used.

TOMATO CREAMS.

$\frac{1}{2}$ lb. tomatoes.	$\frac{1}{4}$ pint cream.
$\frac{1}{4}$ lb. clear gravy or stock.	Salt and cayenne.
$\frac{1}{2}$ oz. gelatine.	Lemon juice.

Scald the tomatoes and rub them through a sieve, dissolve the gelatine in the gravy and season well, add tomato pulp and lemon juice. Whip cream stiffly, add tomato mixture when cold, and stir till it begins to set, then turn into small wet moulds. Serve garnished with salad.

TO PREPARE GLAZE FOR TONGUES, &c.

Dip the glaze into boiling water to remove the skin, place the glaze in a small jar with $1\frac{1}{2}$ tablespoonful water to every oz. of glaze. Set the jar in a pan of boiling water and let it stand by the fire until the glaze is melted and is the consistency of good cream. Use whilst warm. Two oz. of glaze is sufficient for a good sized tongue.

TO CURE A HAM

A leg of pork, 14 lbs.	1 oz. sugar.
1 lb. salt.	1 oz. saltpetre (pounded).
	$\frac{1}{2}$ oz. pepper.

Sprinkle the pepper all over the meat, mix the remainder of things, lay the pork in a tub and rub them well into it. Let it lie 18 to 20 days, rubbing it once daily. Wash it well and dry on a rough cloth, sprinkle with flour and hang in a cool draughty place until dry. When dry outside wrap well in paper to prevent it turning rusty. It should be kept at least 4 months, before it is in good condition for eating.

TO BLANCH ALMONDS OR PISTACHIOS.

Place them in a pan of cold water, let them boil, then pour off the water, throw into cold water, and nip between the finger and thumb to remove the skins. Dry in a cloth before chopping.

COLOURED ALMONDS.

Blanch and chop the almonds, mix them on a plate with a few drops of cochineal and let them dry before using. *Browned Almonds* are prepared in a dripping tin in a moderate oven, stirring them occasionally until they are of an even colour.

COLOURED SUGARS.

Mix fine castor sugar with two or three drops of any liquid or a little paste colouring. Rub well with the fingers and let it dry in a warm place.

MINCEMEAT.

3 lbs. apples.	$1\frac{1}{4}$ lbs. raisins (valencia).
2 lbs. sugar.	$1\frac{1}{4}$ lbs. suet.
$1\frac{3}{4}$ lbs. currants.	$\frac{1}{2}$ lb. candied peel.
Juice and rind of a lemon (grated).	A little nutmeg. A wineglass of brandy.

Peel, core, and chop the apples very finely, then add raisins stoned and chopped candied peel, and suet chopped finely together with the other ingredients, and lastly, the brandy, mix well together and keep in pots air-tight.

ECONOMICAL LEMON CHEESE.

1 lemon.	1 egg.
$\frac{1}{4}$ lb. loaf sugar.	$\frac{1}{2}$ oz. butter.

Rub the sugar on to rind of lemon, place in a jar and add the strained juice and butter, stir in the egg well beaten, set in a pan of boiling water, and stir until it becomes quite thick. When cool, cover down with paper and it will keep good some months if stored in a cool dry place.

LEMON CHEESECAKE MIXTURE.

2 ozs. butter.	1 good sized lemon.
$\frac{1}{4}$ lb. loaf sugar.	Yolks of 2 or 3 eggs.

Rub sugar on rind of lemon, pound it and place in a pan with strained juice of lemon and the butter, stir them together for a few minutes to dissolve the sugar, add yolks of eggs and stir over the fire until it begins to boil. Strain it and keep in a covered jar.

NOUGAT.

$\frac{1}{2}$ lb. castor sugar.	$\frac{1}{4}$ lb. sweet almonds.
2 tablespoonful lemon juice.	

Place sugar and lemon juice in a pan, stir until the sugar melts and then becomes a golden colour. Have the almonds ready blanched, dried, chopped, and pale golden colour, stir them hot into the sugar; take the nougat out in small

pieces, roll out on an oiled board, and line small moulds with it; trim the edges quickly, and when quite set and cold decorate the edges with icing, and fill with whipped cream.

N.B.—Oil the hands well in making the nougat.

PASTRY CUSTARD.

$\frac{1}{2}$ pint milk.	Yolks of 2 eggs.
$\frac{1}{2}$ oz. cornflour.	$1\frac{1}{2}$ ozs. sugar.
Little essence of vanilla.	

Add sugar to milk and let it get hot, pour on to eggs (beaten), mix the cornflour with a little of the cold milk, add it to the eggs, return to pan and boil for a few minutes. Add vanilla when cooled a little.

CARAMEL FOR PUDDINGS OR CREAMS.

2 ozs. castor sugar. 1 good teaspoonful lemon juice.

Place in a pan and stir over the fire until it becomes a nice brown; use at once.

GINGER BEER.

$2\frac{1}{2}$ lbs. loaf sugar.	$2\frac{1}{2}$ gallons boiling water.
$\frac{1}{2}$ oz. cream of tartar.	2 tablespoonful brewer's yeast.
2 ozs. bruised ginger.	
4 lemons.	

Peel the rind thinly from the lemons and strain the juice. Add the sugar, ginger and cream of tartar, and pour the boiling water on to them. When lukewarm, add the yeast, stir well and let it stand overnight. Then put into bottles, scald the corks before using, tie them in securely, and store in a cool place.

GINGER ESSENCE.

1 lb. loaf sugar.	1 quart boiling water.
1 large teaspoonful tartaric acid.	1 teaspoonful essence of cayenne.
1 teaspoonful essence of ginger.	

Dissolve sugar and acid in water. When cool add essences and bottle. Two tablespoonful in a tumbler of hot or cold water or with soda water makes a pleasant drink.

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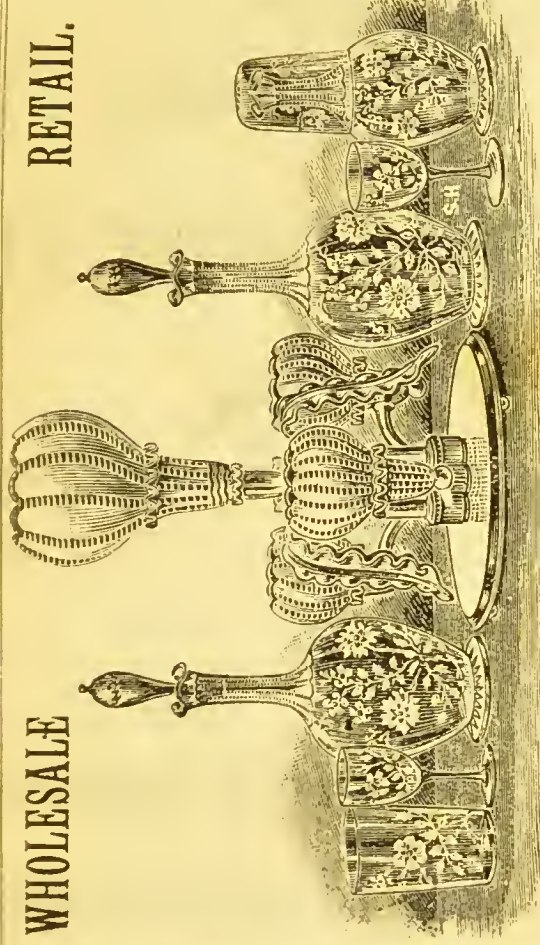
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